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vegetarian

LIVING

SUPER FOOD SUPPERS

Jamie Oliver whips up vibrant, healthy midweek meals

BONFIRE NIGHT INSPIRATION

Quick and easy ideas for chilly winter evenings

QUIRKY CAKES

Get creative with *Bake Off* winner Frances Quinn

CLASSICS REINVENTED

Annie Bell's contemporary take on familiar dishes

FABULOUS FUNGI

Rachel Demuth works wonders with mushrooms

WIN
DINNER FOR
TWO AT
PRASHAD

MEXICAN LEEK
AND BEAN
QUESADILLAS



SUNDAY LUNCH

Tuck into John Torode's comfort cooking this weekend



BEST BROWNIES

Try these delicious raw, vegan and free-from chocolate treats



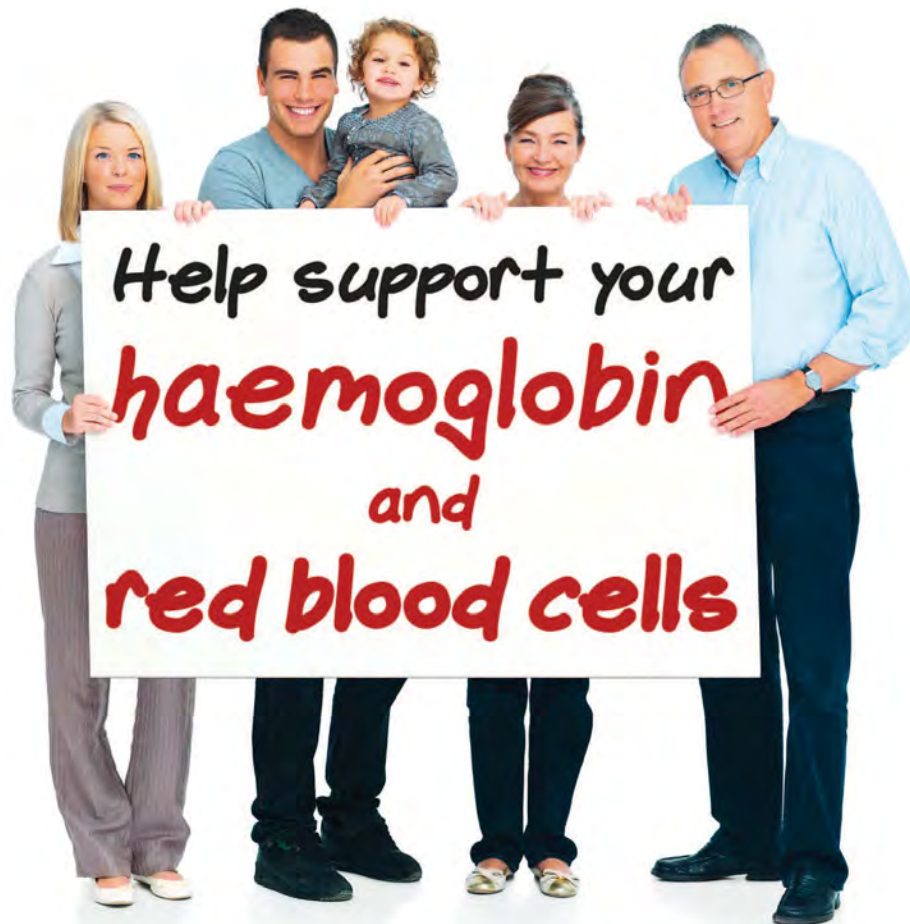
GLOBAL TASTES

Singer Kelis shares the culinary influences from her jet-setting life



PLUS: Gluten-free recipes | Community orchards | Visit Lisbon

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VITABIOTICS
SCIENCE OF HEALTHY LIVING

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Welcome

We're heading into comfort food season now, and it's that time of year we start roasting root veg, simmering soup and developing cravings for crumble. With this in mind, *Veg Living's* food editor has created some delicious ideas for warming suppers (page 48), with filling dishes that are also quick and easy to scale up if you're hosting a bonfire party.

On page 22, Rachel Demuth puts her global twist on one of our most magical seasonal ingredients, wild mushrooms, with ideas for richly flavoured dishes from a Japanese noodle stir-fry to a hearty winter pie with a dash of ale. One of our favourite cookery writers, Annie Bell, goes back to basics, reinventing classic dishes from oven-baked tomato risotto to a homemade 'pot noodle' for a contemporary take on family recipes that everyone loves (page 42).

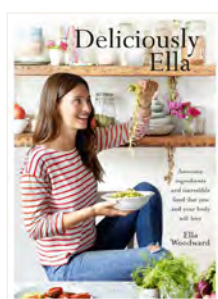
With the current series of *Great British Bake Off* drawing to its no-doubt nail-biting conclusion, last year's winner Frances Quinn has launched her debut baking book featuring her trademark creative cakes. Her recipes (page 32) may look like showstoppers but are surprisingly simple, so you can be the star baker in your own home at least!

For health-conscious cooks, Jamie Oliver shares his new characteristically vibrant but also nutritionally balanced recipes (page 38), or try Lucy Bee's gluten-free ideas cooked with coconut oil on page 88, including a delicious cauliflower-based pizza and moreish raw chocolate brownies.

In this issue, we also find out about the latest city currency to launch in Exeter, exploring how it will promote local, seasonal food (page 74); and on page 54 we talk to Nicky Sloan, whose homewares brand Magpie was founded on her passionate vegan and ethical principles.

Stay cosy in the kitchen...

Lindsey Harrad, Editor



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And receive a FREE copy of *Deliciously Ella*.
See page 64 for full details.

APPEARING THIS ISSUE...

© GEORGIA GLYNN SMITH



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FRANCES QUINN

'I am a designer as much as I am a baker, and ideas are as important to me as ingredients. People often ask which I'd rather do: bake or design. But for me, the two are absolutely inseparable'

© 2015 PAUL STUART



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JAMIE OLIVER

'Food is there to be appreciated, shared and enjoyed, and healthy, nourishing food should be colourful, delicious and, most importantly, fun'

© DAVID LOFTUS



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KELIS

'The food I'm drawn to is the food that tells us who we are and what we are. It can have personality, heartache, and rebirth all on one plate. What better way to tell our story?'



In this issue...

WIN!

AN ANNA JONES
RECIPE BOX
FROM RIVERFORD
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Veganism is at the core of who I am; it's not some faddish fashion or lifestyle choice

NICKY SLOAN
FOUNDER OF MAGPIE, PAGE 54



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*Alpha Linolenic Acid (ALA) contributes to the maintenance of normal blood cholesterol levels. This effect is obtained with a daily intake of 2g ALA.

Udo's Choice



Overnight sensation

Dorset Cereals' new Bircher Muesli is made from fine-cut oats and barley blended with sliced apple and either raspberries and blackcurrants or almonds with a hint of honey. For the best creamy results, simply soak in your choice of milk or juice for at least 30 minutes (or ideally overnight) and add your favourite yogurt, fruit and nuts to serve.

£3.49 from Waitrose



Get your oats

From perfect porridge to beautiful bread, the new Mornflake Gluten-Free Oats, Jumbo Oats, and Pinhead Oatmeal are must-haves for your pantry. Make everything from muesli to flapjacks with oats that are fully licensed by Coeliac UK.

£2.99 from Ocado or www.mornflake.com



Super start

Special K has introduced Super Porridge, a new range which offers a touch of indulgence while still packing a nutritional punch. The porridge blend contains barley, oats, rye, wheat flakes and spelt with a selection of fruits, seeds and nuts for added flavour. Plus it's high in fibre, with seven vitamins and iron.

Available from all major supermarkets



Tasty toppings

Two new Helen's Breakfast Seed Topping products include milled linseed plus added chia and hemp seeds or goji berries and sunflower seeds, providing a tasty, nutritious and gluten-free mix to sprinkle on cereal, yogurt or fruit.

£2.79 from Sainsbury's or buy online at www.foodbyhelen.com

WAKE-UP CALL

For the most important meal of the day, pop one of these new breakfast products on your kitchen table – including some gluten-free options too.



Over the rainbow

These fading rainbow bowls, designed by Amsterdam-based studio &K, are perfect for your favourite cereal and pretty enough for entertaining.

Set of four, £47 from www.jasmineway.co.uk



Pour it on

Make breakfast more of an occasion with this simple, rustic-style earthenware jug. Handmade in southern India as part of a Fairtrade project that encourages empowerment of women and offers training and employment for artisans from disadvantaged backgrounds, it's an ethical choice too.

£16.95 from www.rigbyandmac.com



It's only natural

Eat Natural has launched two new Super Granola cereals. They are packed with buckwheat, oats, almonds, pumpkin seeds, sunflower seeds and roasted chickpeas for a fantastically nutty, wonderful flavour. Even better, they contain no refined sugars, and are sweetened naturally with honey and coconut.

£3.25/£3.69 from Waitrose

newshoots

ALL THE LATEST VEGETARIAN AND VEGAN LIFESTYLE NEWS
AND PRODUCTS, PLUS WINE, EVENTS AND MUCH MORE...

IMAGE COURTESY OF THE EDEN PROJECT



CHARITY SLEEPOVER

Eco-education charity the Eden Project is inviting brave fundraisers to spend a chilly winter's night sleeping outdoors to support some of the thousands of people who experience homelessness in the UK every year. Eden's second annual Sleep Out is taking place on 19 November and is one of a number of locations taking part around the country.

Sleep Out is a nationwide event organised by the End Youth Homelessness (EYH) campaign, which is a national partnership of grassroots charities and companies providing vital support to the 80,000 young people across the UK who experience homelessness every year. The aim of the national campaign is to raise more than £500,000 for homeless charities.

Those who take part at Eden will bed down with a sleeping bag and a cardboard mat outside the biomes. Participants will be asked to fundraise as much as possible and, although there is no required minimum target, most will be aiming to raise £100 each. When registering, fundraisers can choose to support either the Cornwall-based St Petroc's Society or EYH's regional partner, the Amber Foundation.

Corinna Langford, community manager at St Petroc's Society, says: 'Homelessness is

increasing year on year and it's important to remember that these statistics are about real people. No one should have to sleep outside and be without the safety and security of somewhere to call home. This is why an event such as this Sleep Out is a great opportunity to raise awareness, as well as much-needed funds to support our work, and help some of the most vulnerable people in our community.'

The evening at the Eden Project will feature live music, cookery workshops and campfire tales. There will also be food, hot drinks and a licensed bar on offer.

Peter Stewart, executive director of the Eden Project, said: 'We are delighted to be hosting this event at Eden for a second year to support the wonderful work that these two charities do. This is a great way to raise funds and have an enjoyable evening getting to know others who feel passionate about this worthwhile cause, while experiencing for one night what many, who find themselves homeless, go through every night.'

● Find out more about End Youth Homelessness at www.eyh.org.uk or for full information about the evening and to sign up for the Eden Sleep Out go to www.edenproject.com/visit/whats-on.



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www.amara.com

HUG A TREE!

First held in 1975, National Tree Week (28 November to 6 December) is the UK's largest tree celebration and heralds the start of the winter tree-planting season.

Each year, the Tree Council's members – including voluntary organisations, local authorities, schools and community groups, and 8,000 Tree Wardens – support the initiative by setting up fun and accessible events, inspiring upward of a quarter of a million people to get together and get their

hands dirty to plant around a million trees.

Why not encourage your own local community to get involved with tree planting this winter? Or even plant a tree in your own garden and see the fruits of your labour growing each year. Find out more at www.treecouncil.org.uk.

ANNA JONES GUEST CHEF AT RIVERFORD

PHOTOGRAPH: MATT RUSSELL



Riverford Organic Farms, famous for championing seasonal, homegrown veg through its popular vegboxes, has teamed up with veggie heroine chef Anna Jones to create the ultimate vegetarian recipe box. Each box includes every ingredient you need to make three seasonal, organic meals for two, from Anna's latest cookbook, *A Modern Way to Cook*.

Recipes featured include warm kale, tomato and coconut salad, beetroot curry with spiked cottage cheese, and farro with roasted leeks and smoky sweet romesco. It promises to be a real seasonal home-cooking celebration, full of Riverford's glorious organic veg and Anna's creative and delicious recipes.

These limited edition boxes are available until 6 November, so don't miss out, place your order now! Simply visit www.riverford.co.uk/recipe-boxes for more details.



WIN AN ANNA JONES RECIPE BOX



We have five flavour-packed Anna Jones recipe boxes to give away to lucky readers, which will be delivered in the week commencing 2 November. If you love Anna's books, now's your chance to sample her recipes – with no shopping required!

● To enter the draw and for full competition terms and conditions, go to www.vegetarianliving.co.uk/offers. Competition closes midday 28 October 2015.

MY VEGGIE LIFE



Jimmy Pierce

Tell us about your life...

I'm the Vegan Society's media manager, based in Birmingham. My job is to generate as much positive coverage about veganism as I can in the traditional media – print, online, TV and radio. Can't imagine a better job!

How long have you been vegan?

18 months. I first went vegetarian to improve my health before finding out what goes on in the dairy industry. I then went vegan and just two weeks later felt a connection with animals. It was amazing. Now I'm vegan for them.

What are your go-to meat-free foods?

A week rarely goes by without a curry, though I can't get enough of avocado on sourdough toast with tahini, tomatoes and hot sauce at the moment. For snacks, Bakewell tart Nakd bars are hard to beat, but so are dark chocolate-covered rice cakes. I also can't live without my blender for my daily smoothie – banana, raw cacao powder and almond milk is the absolute best chocolate milkshake!

What's your favourite source of vegan info?

I'm not biased, but www.vegansociety.com. It's got everything. Our blog on there is superb, with quality new writing every Friday.

What's your next project?

Working on our new exciting campaign launching this month: *Grow Green*, to encourage the government to subsidise farmers moving away from livestock to crop farming. Longer-term, I can't wait to educate my and my partner's impending new arrival all about veganism!

Being vegan makes me feel...

Full of energy, happy, and positive. Best decision I've ever made.

DATES FOR THE DIARY

19–22 November

TASTE OF LONDON

The little brother to the Regent's Park festival, this foodie event at the Tobacco Dock will be a festive celebration of food and drink on the run-up to Christmas. Including interactive cooking demos by leading chefs, you can also browse food and drink stalls featuring handcrafted vodka, cakes, bakes and chocolates, and international food products from America, Spain, Greece and France, plus plenty of UK artisan producers, such as Kent cider and Yorkshire oils.

www.london.tastefestivals.com

28–29 November

LINCOLNSHIRE FOOD & GIFT FAIR

For those who like to get Christmas planned early, this festive fair at the Lincolnshire Showground is the perfect place to browse locally produced food and gifts, as well as enjoying a programme of demos by chefs, bakers and mixologists, plus wine tasting and traditional craft workshops. This promises to be a great foodie day out, offering plenty of ideas for everything from your Christmas menus to stocking fillers.

www.lincolnshireshowground.co.uk

5–6 December

VEGFEST GLASGOW

Put the date in your diary for the first VegFest Scotland – online ticket booking is now open! Heading up to the SECC in Glasgow, the leading vegan festival is all about celebrating and promoting every aspect of the vegan lifestyle, with vegan cookery

demos, talks on nutrition, health and campaigns, specialist caterers dishing up fabulous vegan food and around 120 stalls featuring a wide range of cruelty-free products.

www.vegfestscotland.com





THE SPICE TRADE

Founder and director of Arabica Food & Spice, James Walters has built his business on our increasing love of unusual ethnic ingredients.

With a passion for travel and adventurous tastes in food, James Walters says he has always been creative in the kitchen and enjoyed *Ready Steady Cook*-style experiments at home, while also working in some of his father's franchised restaurants. But it was later, on his travels in Borneo, that a chance conversation with a stranger on Mount Kinabalu about a new food market in London that would prove to be a turning point in his life. On his return to the UK in 2000, he visited Borough Market and was immediately captivated. 'It just appealed to me. It evoked a nostalgia for traditional shopping, and I loved the energy and vibrancy of a bustling market full of wonderful produce from around the world.'

It was at Borough Market that he met Jordanian-born Jad, who eventually became his partner in Arabica. The pair started selling their products at a number of London markets and even opened Café Arabica – which sadly didn't survive – before expanding their specialist product range from their new production kitchen in Camberwell and securing a concession in Selfridges six years ago.

In 2008, Jad made the decision to retire to



Crete, while James continued to develop the business, giving the branding an overhaul, and more recently opening the new Arabica Bar & Kitchen in Borough Market.

The original product range included key ingredients like za'atar and sumac, preserved lemons and a few classic mezze such as hummus, smoked aubergine and tabouleh, but it now incorporates everything from pomegranate molasses and orange blossom water to pickles, preserves and sweet treats. 'All of our early classics are still our best sellers,' says James. 'But I like to think of myself as more of a trendsetter than a follower. The range has expanded naturally, to ensure we covered the Levantine larder essentials, but I added more as I came across amazing producers on our travels.'

James says that high-profile chefs working with more exotic global flavours have certainly fuelled demand for his products. 'It has definitely helped put these ingredients into the mainstream. When we started it was impossible to find these outside of the ethnic neighbourhoods of London.'

James says Arabica spices are special because they are handmade by small producers who go the extra mile. 'Our



sumac is produced by hand with a giant pestle and mortar and the inner seeds are removed so it's only the bright, full-flavoured outer part of the berries that are used, whereas commercial manufacturers grind the whole berries by machine.' The quality of his products has attracted top-end retailers too, which has given credibility to the brand.

Looking ahead, James has big plans and has just recruited an operations director to run the day-to-day business while he focuses on future ideas. But he still finds time to get creative in the kitchen and says his favourite spices are two of Arabica's most popular products. 'I always have za'atar and sumac to hand. They are the ultimate all-round salad seasonings.'

● *Stockists include Marks & Spencer and Selfridges and other UK boutique retailers, or go to www.arabicafoodandspice.com.*

TASTE TEST...

3 specialist oils

With so much choice on the market now, why just stick to predictable olive oil? Here we try three very different oils that will enhance your storecupboard and your cooking.



1 Udo's Choice Ultimate Oil Blend

An easy way to top up your levels of omega-3, -6 and -9, this premium organic seed oil can be drizzled over salads, added to juices or whizzed into a fruit smoothie for a nutritional boost.

● £21.99 from www.udoschoice.co.uk

2 Coconoil

Coconut oil is hugely fashionable for all kinds of cooking and baking at the moment, but it's important to choose an ethical brand. Coconoil is picked, pressed and packed at origin, producing fine quality pure organic virgin oil with top-notch social responsibility credentials.

● £9.99 from www.coconoil.co.uk

3 Kentish cobnut oil

For something a little special for dressing your salads or tossing your stir-fries, try virgin cold-pressed Kentish cobnut oil, a beautifully nutty, UK-produced oil that will appeal to foodies who love to buy local.

● £15.95 for 250ml from www.kentishcobnuts.com

In our trolley

THE VEG LIVING TEAM'S FAVOURITE PRODUCTS...

FLOUR POWER

If you love home baking, the new Golden Wholegrain Plain and Bread flours from Essex-based millers Marriage's are a brilliant way to increase your family's intake of fibre and wholegrains and can be used in place of white flour, or used 50/50.

Wholegrain flour has twice as much dietary fibre as regular white flour, but the new Golden Wholegrain products are designed to be sweeter and milder in



flavour than traditional wholemeal flour, which means the kids may not even notice they're eating healthier cakes, scones, muffins, pancakes or homemade bread!

● Marriage's Golden Wholegrain Bread flour (£1.59 for 1kg) and Marriage's Golden Wholegrain Plain flour (£1.29 for 1kg) are available at either www.ocado.com or www.flour.co.uk.

LITTLE JEWELS

With the growth of interest in eastern Mediterranean, South American and Persian cooking, Waitrose reports that pomegranates are flying off the shelves, as keen cooks are using their jewel-like pink seeds to add a striking finishing touch and distinctive flavour to all kinds of sweet and savoury dishes.

Rhonwen Cunningham, fruit buyer for Waitrose, says: 'Our pomegranates are a real favourite with our customers and there's no doubt that the surge in sales is down to the popularity of Peruvian and Persian cuisine. Whether it's using the pomegranate molasses in a typical Peruvian stew, or including the seeds in a salad or dessert, the fruit is definitely versatile. The added health benefits have also been known for a while, so the recent trend for clean eating has driven this foodie trend.'

● Pomegranates are available from Waitrose, £1.65 each, or try pre-prepared pomegranate for £1.79.



TAKE YOUR PULSE

Inspired by the rich culinary history of baked and roasted pulses – including leblebi in Turkey, Indian and Moroccan roasted chickpeas, Japanese wasabi peas and Mexican spiced garbanzos – the team at Dilly & Wolf have created a new punchy selection of snacks, with flavours that are global in outlook but baked and roasted in Britain.

The new range of Dilly & Wolf Roasters includes two flavours that will be exclusive

to M&S, as part of their British Brands series – Wasabi & Horseradish Roasted British Peas, and Sea Salt & Cider Vinegar Roasted British Fava Beans.

Three additional flavours are also now available from independent retailers including Ocado and Hodmedods – Coconut & Chilli, Soy & Ginger, and Sweet & Salty Roasted Peas, Beans and Seeds. These vegan pulse-based 'pots of goodness', with no artificial ingredients or added sweeteners, also feature Dilly & Wolf's British-grown fava beans and peas.

● Dilly & Wolf Roasters are available at the above stockists for £1.50.

PERFECT PAIRINGS

For November, we're matching Rachel Demuth's globally inspired mushroom dishes (page 22) with some complementary drinks.

Stellar Organics River's End Pinot Noir 2013

£9.95, www.slurp.co.uk

This fresh, modern and organic wine from the Western Cape of South Africa features subtle tannins and an elegant finish that will go beautifully with the Japanese noodles.



Giesen The Brothers Pinot Noir 2012

£19.99, Majestic

The Brothers are one of Marlborough's most recognised brands, and this intense New Zealand Pinot Noir is rich with aromas of black cherry and cassia with spice, earth and even a touch of mocha, for a balanced pairing with the sesame sauce and noodles.



La Folie Douce Sauvignon Blanc 2014

£5.79, Tesco

For those who prefer a white with their Asian cuisine, try this Sauvignon with gooseberry and lemon notes – a crisp and fresh wine with lime and kiwi flavours on the palate and a hint of tropical fruit on the finish.



Williams & Humbert Alegria Manzanilla

£5.29, Waitrose

Hailing from Sanlucar de Barrameda in Spain, this dry sherry is a lovely alternative to wine and makes the perfect crisp, refreshing tipple to partner the king oyster mushrooms.



Stellar Organics Running Duck Cabernet Sauvignon 2014

£8.99, www.exelwines.co.uk

For a hearty winter pie, this smooth, medium-bodied organic Cabernet Sauvignon with no added sulphur is a deliciously fruity accompaniment, characterised by bright blackcurrant flavours and a touch of raspberry.



Finest Piwen Chardonnay

£7.99, Tesco

A crisp wine from Chile's Casablanca Valley, packed with vibrant tropical fruit flavours and a twist of citrus, this refreshing Chardonnay is full of Chile's warmth and sunshine, the perfect foil for a rich mushroom pie.



LOVELY LEFTOVERS

Yeo Valley doesn't like to see good food go to waste, so they've created a new Left-Yeovers product using up figs, carrot juice and orange juice from their freezer plus delicious fresh strawberries. The result is a jammy blend of fruit with the perfect sharpness to complement the creamy yogurt.

What started off as an April Fool's joke by Rosie, one of the Yeo Valley team, has now turned into the company's latest limited edition yogurt. But they believe it's also much more than that. With over 4.2 million tons of food wasted by UK households each year (according to figures published by WRAP),

their aim is to show the amazing recipes you can make when you get creative with leftovers. Plus, for every pot sold, Yeo Valley will donate 10p to FareShare, an organisation that saves good surplus food that is destined for waste and gives it to charities and community projects who transform it into nutritious meals for vulnerable people.

● *Limited edition Left-Yeovers Strawberry & Fig will be available in over 400 Tesco stores nationwide from 12 October for £1.50.*



Karin Ridgers, passionate vegan presenter and founder of VeggieVision TV, reveals what she's loving this month...



My new favourite thing

This month I've been on a short mini-break aimed at attracting vegan and vegetarian visitors to Leicester, launched by Leicester Shire Promotions and the Leicester Vegetarian and Vegan Group.



We kicked off with a vegan cocktail masterclass at 33 Cank Street bar which was brilliant. Owner Kal was very informative and we loved the vegan-friendly nibbles and tips, such as rubbing the outside of the glass with lemon peel for a wonderful aroma.

A meal at the South Indian restaurant Shivalli is also part of the trip and offers a great atmosphere with wonderful, authentic food served by super staff. The buffet is popular, so booking is advisable.

The break is well worth the £129, although it doesn't include extras such as parking and other entertainment. To make the most of our time away, we headed to the National Space Centre too and would definitely recommend a visit there.

This trip would be ideal for groups of friends or couples and, although I feel the idea is still a work in progress, it's a great way to promote vegetarian tourism.

www.bar33cankstreet.com
www.shivallirestaurant.com
www.stayplayexplore.co.uk

● For cookery, celebrities and news, visit www.veggievision.tv.

PHOTOGRAPH: GLYN RIDGERS PHOTOGRAPHY

Enjoy dinner for two at Prashad!

Since winning legions of fans after appearing on TV's *Ramsay's Best Restaurant* in 2010, award-winning vegetarian restaurant Prashad in Bradford has grown in size and reputation and now stands at the forefront of the industry.

Prashad's owner and chef, Kaushy Patel, has now published her second cookbook, this time focusing on the heart of Indian home cooking with traditional simple recipes using easily available ingredients. Guaranteed to bring warmth, taste and texture into your home, and created with Kaushy's characteristic love and passion for vegetarian food, this is a must-have cookbook for foodies.

To celebrate the launch of *Prashad at Home*, leading vegetarian, organic and Fairtrade brand and wholesaler Suma has teamed up with Prashad to launch a fantastic competition. The first prize includes a sumptuous meal for two at Prashad restaurant, plus a beautiful hamper, complete with Kaushy's new book and all the ingredients you need from Suma to prepare some fabulous Indian dishes at home.

Visit www.vegetarianliving.co.uk/offers to enter the competition, which closes midday 4 November 2015.



3 STEPS TO THE PERFECT HOT CHOCOLATE

1 Hot Chocolate: Rich and indulgent winter drinks by 2007 *MasterChef* contestant Hannah Miles is a new recipe book packed with gloriously grown-up twists on the classic hot chocolate – and the photos are as mouthwatering as the recipes (Ryland Peters & Small, £9.99).



2 To make the best hot chocolate use the real thing – not powder. Chococo's 70% Madagascan flakes are pure chocolate with no added sugar to ensure café-quality drinks every time. If you use your favourite dairy-free milk it will be vegan too. £6.50 from www.chococo.co.uk.



3 Heat your milk the traditional way in this contemporary retro-look enamel milk pan by Finnish brand Muurla. The pan is lightweight and durable with a pourable lip – and can even be used on your campfire! £22 from www.eclectdesign.com.



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TRIBEST

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Delicious in November

The November larder may offer less variety than early autumn, but seasonal roots pack a punch in hearty winter dishes with their sweet, earthy flavours. Turn to celeriac, carrot, parsnip, squash and Jerusalem artichoke for your soups, stews, mashes and pies. British apples and pears are the perfect base for comforting baked puds, but for the simplest of treats, look out for the arrival of new season clementines, the surest sign that winter is on its way.

We ♥... celeriac

Celeriac may not be pretty, but this knobbly root veg is both tasty and versatile and can be used raw or cooked. The mild celery-ish taste works well with robust flavours such as mustard, garlic and thyme, but also pairs beautifully with sweeter ingredients such as apples.



Mash Peel and chop celeriac into cubes and sauté in olive or rapeseed oil with chopped garlic, fresh thyme and seasoning. Add a little boiling stock or water (3–4 tablespoons may be enough) and simmer until the celeriac is soft, then mash, butter optional. Add to potato for a half-and-half mash if you prefer.

Spiralize Slice raw celeriac very thinly or spiralize and add to crunchy winter salads or slaw, Asian-inspired noodle soups or stir-fries.

Roast Peel and chop into cubes with other root veg, such as carrots and parsnips. Parboil the vegetables in lightly salted water for 5–7 minutes, drain then cool. Toss in a roasting tray with oil, fresh rosemary and seasoning, and roast a hot oven until the veg starts to caramelize.



Try Ottolenghi's celeriac purée with spiced cauliflower on page 16. >>>

PHOTOGRAPH: JONATHAN LOVEKIN

Celeriac purée with spiced cauliflower and quail's eggs

Try a taste of dining at NOPI restaurant with Yotam Ottolenghi and Ramael Scully's delicious celeriac recipe from their inventive new cookbook.

Serves 6 | Prep 15 mins | Cook 45 mins

For the celeriac purée:

60ml olive oil, plus 1 tbsp to serve
1 large onion, roughly diced (160g)
2 cloves garlic, roughly chopped
2 bay leaves
1 large celeriac, peeled and cut roughly into 2cm pieces (600g)
500ml vegetable stock
2 tbsp tahini paste
2 tbsp lemon juice
½ tsp ground cumin
½ tsp ground coriander
½ tsp sweet smoked paprika
coarse sea salt and black pepper

For the spiced cauliflower:

2 tbsp olive oil
1 large onion, thinly sliced (160g)
3 cloves garlic, thinly sliced
2 tsp ras el hanout
1 medium cauliflower, trimmed and coarsely grated (650g)
2 tbsp finely diced preserved lemon skin
90g almonds, skin on, toasted and roughly chopped
50g parsley, roughly chopped

For the quail's eggs:

2½ tbsp olive oil
6 or 12 quail's eggs

1 First make the celeriac purée. Place the 60ml of olive oil in a medium saucepan on a medium-high heat. Add the onions and fry for 5–6 minutes, stirring often, until soft and starting to caramelise. Add the garlic and bay leaves and cook for another minute before adding the celeriac. Fry for 8–10 minutes, stirring often, so that all sides are golden-brown.

2 Pour over the stock, bring to the boil, then simmer on a medium heat for about 15 minutes, until the celeriac is cooked through.

3 Remove from the heat, discard the bay leaves and transfer to a blender or food processor. Blitz to form a smooth purée before adding the tahini, lemon juice, cumin, coriander, 1½ teaspoons of salt and a good grind of black pepper. Set aside.

4 Put the oil for the spiced cauliflower into a large sauté pan and place on a medium heat. Add the onion and sauté for 5 minutes, until soft. Add the garlic and cook for another 2 minutes, then add the ras el hanout and cook for another minute. Pour over 100ml water and stir through for a minute before removing from the heat. Fold in the cauliflower, preserved lemon, almonds, half of the parsley and 1 teaspoon of salt and set aside to cool.

5 When ready to serve, divide the purée between six plates. Drizzle ½ teaspoon of oil over each portion, spread the cauliflower on top and sprinkle over the smoked paprika and remaining parsley.

6 To fry the quail's eggs, place a large frying pan on a medium heat and add the oil. When

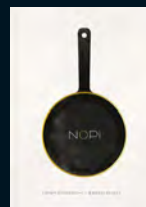
hot, crack each egg individually into the pan and fry for 30–60 seconds. Season with a pinch of salt and a grind of black pepper, then place an egg or two on top of each portion of cauliflower and serve at once.

COOK'S TIP You can make the purée in advance and keep it in the fridge.

■ PER SERVING 485 cals, fat 39g, sat fat 5.5g, carbs 14.5g, sugars 11.5g, protein 14.5g, salt 1.5g, fibre 9.5g



CELERIAC PURÉE WITH SPICED CAULIFLOWER AND QUAIL'S EGGS



Recipe adapted from *NOPI: The Cookbook* by Yotam Ottolenghi and Ramael Scully (Ebury Press, £28). Photography by Jonathan Lovekin.

Your November larder

FRUIT Apples, clementines, cranberries, passion fruit, pears, pomegranate, quince and satsumas

VEGETABLES Artichoke, beetroot, butternut squash, cauliflower, celeriac, chicory, fennel, horseradish, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, pumpkin, salsify, shallots, swede, sweetcorn, truffles (black and white), turnips and wild mushrooms

SALADS Celery and watercress

GO FORAGING

CHESTNUTS

Not to be confused with the horse chestnut (the conker used for playground games), sweet chestnuts are a real seasonal treat if you can find them. Keep an eye out in local woodland, parks, country estates and roadsides for these attractive trees that were introduced to the UK by the Romans and have now naturalised here. The small red-brown sweet chestnuts are packaged in a sharp, spiky husk, usually with several nuts segmented together.

They are best foraged after a storm in late autumn when the wind will have done the hard work of getting them off the tree for you, but you'll need to get there very early to beat the squirrels.

Most of the shop-bought varieties are imported from



FOR MORE CHESTNUT INSPIRATION, TURN TO PAGE 70.

Europe and are much larger than wild sweet chestnuts, but can't compete on flavour. Sweet chestnuts can be used in many ways, but you can't beat simply roasting them, ideally on an open fire – just ensure you prick them with a fork first to avoid messy explosions!

PHOTOGRAPH: ANDY SEWELL

PEAR AND VANILLA UPSIDE-DOWN CAKE



Pear and vanilla upside-down cake

For a seasonal alternative to the traditional pineapple version, try *Great British Bake Off* contestant James Morton's pretty pear upside-down cake. Pear and vanilla is a flavour combination that bridges the gap between traditional and modern, classical and contemporary.

**Serves 8 | Prep 30 mins
Cook 50 mins**

250g softened, salted butter
250g caster sugar
4 medium free-range eggs
75g Greek-style yogurt
seeds from 1 vanilla pod
260g self-raising flour
1 tsp baking powder

For the top (or is it bottom?):

100g salted butter
200g caster sugar
juice of ½ lemon
4 pears, preferably Williams or Conference, peeled and thinly sliced

1 First, line the bottom of a 23cm springform tin with baking paper, and then grease it well. Preheat your oven to 170C/fan 150C/gas 3, and place a tray or piece of foil on the bottom to catch any caramel drips.

2 Prepare the upside-down bit. Make the caramel by heating your butter, caster sugar and lemon juice together in a pan, stirring all the time until melted. Pour this on to the base of your tin and arrange the pears on top.

3 Into a large bowl, weigh the butter and sugar. Using an electric whisk or a

wooden spoon, beat them together until smooth, light and creamy – this will take at least 5 minutes.

4 Add the eggs, one at a time, beating well after each addition. Then add the yogurt and scrape in the vanilla seeds and beat them in as you did the eggs. Smooth would be nice, but this is likely to curdle and don't worry if it does.

5 Gently fold in the flour and baking powder using a large metal spoon, just enough to combine. If it isn't at a dropping consistency, stir in a touch more yogurt.

6 Carefully pour your mix on to your fruit and bake in the oven for approximately 40–50 minutes, or until golden brown and springy and a skewer comes out clean.

7 Leave to cool for at least 15 minutes before removing the sides of the tin (running a knife around the edge if necessary), then placing a plate or cake stand on top of it. Turn the whole thing upside down before carefully peeling away the base paper. Serve hot or cold.

■ **PER SERVING** 751 cals, fat 40g, sat fat 25g, carbs 94.5g, sugars 70g, protein 7.5g, salt 1.4g, fibre 4g



Recipe adapted from *How Baking Works* by James Morton (Ebury, £20). Photography by Andy Sewell.

JIMMY GARCIA'S

Carrot, orange and ginger soup with carrot crisps *

When I first quit my job in the City to live the foodie dream full time, I started a soup company offering fresh homemade soups delivered daily to cafés, churches and businesses. This was one of the go-to favourites.

Serves 6 | Prep 15 mins | Cook 25 mins

For the soup:

50g butter
2 tbsp olive oil
2 onions, chopped
1 celery stick
7.5cm piece of fresh root ginger, peeled and grated
1kg carrots, chopped
zest and juice of 2 oranges
1 litre vegetable stock
crème fraîche, to garnish
salt and freshly ground black pepper

For the carrot crisps:

500ml vegetable oil
2 carrots, cut into ribbons with a ribbon peeler

1 Place the butter and olive oil in a large pan, add the onions, celery and ginger and fry over a medium heat until soft.

2 Add the carrots and cook for another couple of minutes, then add the orange zest, juice and stock and bring to the boil before turning the heat right down and covering with a lid. Simmer until the carrots are fully cooked through, then blend the soup with a hand-held electric blender until smooth, adding more stock if it's a little thick.

3 Heat the oil in a frying pan to 160C (check with a kitchen thermometer), drop in the carrot ribbons and fry for 3–4 minutes (if the oil is hot enough they will immediately start to sizzle). Drain on kitchen paper and allow to cool and crisp.

4 Serve the soup in bowls with a small swirl of crème fraîche and the carrot crisps on top.

■ PER SERVING 286 cals, fat 19.5g, sat fat 8.5g, carbs 22g, sugars 19.5g, protein 3.5g, salt 1.3g, fibre 7g



CARROT, ORANGE AND GINGER SOUP WITH CARROT CRISPS



Recipe adapted from *Social Eats* by Jimmy Garcia (Kyle Books, £19.99). Photography by Clare Winfield.

PHOTOGRAPH: CLARE WINFIELD



GROWING TALES

Alexander Hunt, Potash Farm

INTERVIEW: LINDSEY HARRAD

As nature's offerings diminish from late autumn, nuts become even more important for adding their unique flavour, texture and nutritional value to meat-free meals. Most of the nuts we eat in the UK are imported, but in the pretty village of St Mary's Platt in Kent, Potash Farm is our leading producer of homegrown nuts, supplying everyone from the Ritz Hotel and Selfridges to regional farm shops and food festivals.

Farmer Alexander Hunt has lived in the village for 53 years and this autumn is his 33rd nut-picking season. 'It all started when I was a student, and during the holidays I grew and sold a few vegetables in the village to help pay for my rent,' he says. 'Someone mentioned that they had 100 cobnut trees by their house and they offered the crop to me and it has grown from there. For the first 12-15 years we sold all the nuts fresh on the wholesale market, but in recent years we've developed a wide range of products too.'

The cobnut has a long history in Kent, mainly because of the county's proximity and connections to London, and also links to the textile industry of the Midlands and the North, where cobnuts were used throughout the late 1800s and early 1900s to help fix dyes before chemicals came along in the 1930s and 40s. Cobnuts were also enjoyed by the Victorians, who typically served them

after a meal with cheese and a glass of port.

Although the cobnut had fallen out of favour for many years since then, Alexander has seen interest growing steadily in recent times and now even offers farm walks for nut enthusiasts. But what exactly is a cobnut? 'They are a cultivated variety of hazelnut, just like a Bramley is a variety of apple. You can find a native species of wild hazel in pretty much every hedgerow, which produces a small nut. Cobnut trees were cultivated from a wild species and bred specially for the size, quality and flavour of the nuts.'

There are around 60 varieties of cobnut, of which Potash Farm grows three commercially, but Alexander says the most well-loved variety with the best flavour is undoubtedly the Kentish cobnut. These nuts can be eaten in their fresh green state when first picked and then in their brown dehusked form. 'You can pick them fresh from the tree when they are green and slightly golden in September, and they are so succulent and the flavour gets stronger and nuttier as the month progresses,' says Alexander. 'But at the end of October we dehusk the nuts, as they naturally start to go very dark and mouldy, and then sell the rest of the crop all year round in dehusked form, when the nuts naturally become dryer and sweeter.'

While fresh green cobnuts taste delicious

in all kinds of savoury dishes, dehusked nuts are perfect for baking too. Potash Farm now produces a range of products using the dehusked nuts, from chocolates to fudge, biscuits, preserves and soap.

With Christmas coming up, Alexander is hoping people will consider buying local this year. 'I would encourage people to think of using English nuts,' he says. 'The great thing about our homegrown nuts is that they are fresh with a lovely flavour and the quality is so much better than imported nuts. Our little gift bags of cobnuts are very popular at Christmas and they go very well with our teak and brass nut crackers, made locally here in Tunbridge Wells.'

● To find out more about Kentish cobnuts and buy Potash Farm products online, go to www.kentishcobnuts.com or to buy your own nut tree go to www.walnuttrees.co.uk.

How to enjoy cobnuts

Cobnuts taste wonderful in everything from marmalade to shortbread, but if you can get hold of the fresh green nuts, Alexander says you can't beat them sprinkled with a little salt and eaten with a glass of chilled Sancerre or a gin and tonic!

'Cobnuts are a variety of hazelnut. Trees were cultivated from a wild species and bred specially for the size, quality and flavour of the nuts'

Taste not waste

Veggie blogger Kate Hackworthy believes in tackling food waste through root to leaf eating. This month she uses all of the cauliflower – greens and florets – to make two Japanese-style dishes.

As the summer and early autumn gluts wane, it's even more important to make use of all the fresh produce available – right down to the leaves and roots that we might usually throw away. So many edible parts of vegetables are discarded, but a little know-how and creativity can save us money and the effort of shopping.

Cauliflower is a prime example. Great big dark greens embrace their precious pearl, keeping the delicate florets safe, but these are often binned or composted. Yet every bit of cauliflower can be eaten, including florets, leaves and stalk. We pay good money for kale, spring greens and spinach, but tend to ignore the leafy greens that may already be part of other vegetables in our fridge.

This quick, flavourful soba noodle soup and roasted cauliflower side dish are designed to use up every bit of a head of cauliflower, with the subtle heat of the ginger and the umami flavour of the miso pairing up in both dishes. Homegrown or farmers' market cauliflowers tend to have larger, thicker leaves than supermarket varieties, so just use two handfuls of the leaves for the soup and try some of my SOS ideas for the rest. The leaves are quite hardy, so will last a few days in the fridge when removed from the head of cauliflower.

Miso and ginger roasted cauliflower

Roasting cauliflower brings out the gentle nutty taste and makes a great snack or side dish. The miso paste caramelises as the cauliflower chars



and browns, elevating the flavour of this vegetable from mild to punchy and moreish.

Serves 4 as a side dish
Prep 5 mins | Cook 30 mins

1 whole cauliflower
3 tbsp white miso paste
3 tbsp extra-virgin olive oil
1 tsp freshly grated ginger

1 Preheat the oven to 200C/fan 180C/gas 6. Separate the cauliflower florets and stalk from the leaves, and set the leaves aside for the soup, below. Cut the florets and short white stalks into large bite-sized chunks.

2 Whisk the miso paste, oil and ginger in a large bowl to combine, then toss the cauliflower pieces in the dressing to coat.

3 Place the cauliflower pieces in a single layer on a baking tray and roast for 15 minutes, then flip each piece over. Roast for a further 10–15 minutes until soft, slightly dark and caramelised.

■ PER SERVING 145 cals, fat 10g, sat fat 1.5g, carbs 7.5g, sugars 3.5g, protein 4g, salt 1.4g, fibre 2.5g

Cauliflower leaf miso soba soup

This quick soup brings together the flavours of miso, ginger and mushrooms to create a filling, warming meal filled with vegetables. The cauliflower leaves soften in the hot broth and have a mild, slightly nutty flavour.

Serves 4 | Prep 10 mins | Cook 15 mins

2 large handfuls of cauliflower leaves
300ml mushroom or vegetable stock
4 tbsp white miso paste (or 2 tbsp brown miso paste)
2 tsp grated fresh ginger
2 tsp soy sauce
150g chestnut or shiitake mushrooms, sliced
1 carrot, julienned (cut into thin strips)
200g soba noodles
1 tbsp sesame seeds

1 Slice the cauliflower leaves and chop the thicker, pale stems into 1cm dice. Set aside.

2 Bring the stock to the boil in a large pan, along with 250ml water. Reduce the heat and add the miso paste, ginger, soy sauce, mushrooms, carrot, and cauliflower leaves and stems. Allow to simmer for 10 minutes.

3 Meanwhile, cook the soba noodles according to packet instructions, then drain and rinse under cold water.

4 Divide the noodles into bowls, top with the miso soup then sprinkle with the sesame seeds. Serve immediately.

■ PER SERVING 284 cals, fat 7.5g, sat fat 1.5g, carbs 44g, sugars 4.5g, protein 9g, salt 2.5g, fibre 4g

SOS

SAVE OUR SCRAPS

CAULIFLOWER GREENS

The outer leaves have a mild nutty flavour and can be cooked just like other leafy greens. They won't wilt like spinach, and they have a thick stalk similar to kale, so do need to be prepared first. Wash the leaves thoroughly and separate the thin leaf from the stem. Slice the thin parts and then chop up the stem like celery.

- Add them to homemade vegetable stock.
- Pop a handful into stir-fries or curries.
- Sauté with onion and garlic for a quick side dish.
- Rub with olive oil and sprinkle with sea salt, then bake in a hot oven to make vegetable crisps (like kale chips).
- Use them to add substance to soups and stews.
- Char on a griddle pan and toss into a hot salad.

ABOUT KATE

Kate Hackworthy is a food writer and recipe developer who blogs at www.veggiedesserts.co.uk. Her creative vegetable desserts have frequently appeared in *The Guardian* and she was Jamie Oliver's Food Blog of the Month. Follow Kate on Twitter: @veggie_desserts, Facebook: VeggieDessertsBlog and Instagram: @kateveggiedesserts.



TRINE HAHNEMANN'S

Fridge harvest focaccia

Often we find we have a random selection of leftover – and ageing – vegetables deposited in the bottom drawer of the fridge. This bread is a good way to make use of some of them. It's great for dinner with salad or soup, or also a popular dish on a buffet or if brought to a potluck because – in addition to tasting good – it looks both tempting and festive on the table.

**Makes 16 slices | Prep 25 mins + proving
Cook 40 mins**

50g fresh yeast
800ml lukewarm water
1 tbsp honey
4 tbsp olive oil
500g stoneground rye flour
300g strong white flour, plus more to dust
10g fine sea salt
2 beetroot
1 carrot
1 red onion
10 sprigs of thyme
1 tbsp sea salt flakes

1 Crumble the yeast into the lukewarm water and stir to dissolve. Add the honey and 2 tablespoons of the oil and stir again. Mix in both flours and the fine salt and mix well into a sticky dough. Knead well on a floured work surface. Cover and leave to rise in a warm place for 1 hour.

2 When ready to bake, preheat the oven to 200C/fan 180C/gas 6. Line a 40 x 30cm baking tray with baking parchment.

3 Peel the beetroot, carrot and red onion, then cut the vegetables into wedges, or in half, depending on size and the final look you want.

4 Place the dough on the baking tray and spread it out with your fingertips to cover the surface. Press the vegetables and thyme into the dough, drizzle with the remaining 2 tablespoons of oil and sprinkle with the salt flakes. Let the bread rise once more in a warm place, this time for 30 minutes.

5 Bake the focaccia for 10 minutes, then look at the bread. If the vegetables are turning a bit brown, reduce the oven temperature to 190C/fan 170C/gas 5; if not, leave the temperature as it is. Continue baking for another 30 minutes – again reducing the oven temperature slightly if it seems to be

browning too much – or until the bread sounds hollow when tapped on the base. Leave to cool on a wire rack.

■ PER SLICE 216 cals, fat 3.5g, sat fat 0.5g, carbs 41.5g, sugars 3g, protein 6g, salt 1.4g, fibre 2.5g



Recipe adapted from *Scandinavian Baking* by Trine Hahnemann (Quadrille, £25). Photography by Columbus Leith.



MAGICAL MUSHROOMS

ALL IMAGES © ROB WICKS/EAT PICTURES

From a simple supper on toast to an Asian stir-fry or hearty winter pie, professional chef and cookery school tutor Rachel Demuth shows how mushrooms have the potential to be transformed into a variety of dishes.

Autumn is the season for mushroom foraging and the best time of year for mushroom cooking too. For a quick supper, mushrooms on toast is one of my favourites. For a rich topping I will use wild mushrooms and add a touch of brandy and crème fraîche; if I want to keep it simple, I use chestnut mushrooms and lots of black pepper. For either version, the bread is important – I like sourdough, grilled with a splash of olive oil and then rubbed with raw garlic.

For this month's recipes I've chosen to cook with cultivated 'wild' mushrooms, which are available from farmers' markets, some local greengrocers and supermarkets. However, all the recipes can be made with chestnut mushrooms if you can't find other varieties. Wild mushrooms have more flavour, colour and texture than plain white cap mushrooms, but remember that wild mushrooms must always be cooked, never eaten raw.

BUYING

When you're shopping for mushrooms, look out for 'wild' selections, which often contain shiitake, chanterelles, oyster and shimeji, and then make up the remaining quantity you need for your recipe with chestnut mushrooms. Choose a pack that looks fresh and dry – if the mushrooms are dark and damp, they will be going bad. In supermarkets they are usually sold sealed in

plastic, so you can't do the sniff test – with loose mushrooms, if they smell off they will taste off too! Always try to eat mushrooms while they are as fresh as possible.

PREPARATION

Never wash mushrooms, as they contain 90 per cent water and will act like sponges, soaking up the moisture and becoming soggy. To clean them, just wipe with a pastry brush or paper towel, or you can buy a special mushroom brush. The exception to this rule is when you are using wild mushrooms, which may be very gritty or even downright dirty! These may need a gentle plunge into a bowl of water; a running tap is too violent and may damage them. Always dry the mushrooms with paper towel before cooking.

STORAGE

Store mushrooms in a paper bag in the fridge, never in plastic or in a bowl covered with cling film, as this will make them sweat. Mushrooms can be frozen but only when cooked: simply sauté them in oil or butter and freeze in small quantities. They can then be cooked from frozen or defrosted an hour before you intend to use them. When defrosted, cooked mushrooms become watery and loose in texture, so are best used for liquid dishes such as soups.

ABOUT RACHEL

Chef-proprietor of the award-winning Demuths restaurant in Bath for 25 years, Rachel is now dedicated to running the Demuths



Vegetarian Cookery School, which offers a range of themed workshops, guest chef events, cookery holidays in France and Italy, and the Demuths Vegetarian and Vegan Diplomas for professional chefs and keen cooks. As a well-travelled foodie, Rachel loves to combine her passion for global cuisine with the best of locally grown produce.

www.demuths.co.uk

COOKING

Cook mushrooms in rapeseed oil, olive oil or butter. I favour olive oil as the taste complements mushrooms, although sometimes I use a mixture of butter and oil. Mushrooms also love heat, and should sizzle when they cook to seal in the flavour and evaporate their moisture. They generally release a lot of their moisture during cooking and then draw it back in, so wait for the point when they become dry and begin to crisp on the edges. Add your seasoning at the end of cooking.

JAPANESE NOODLES WITH SHIMEJI MUSHROOMS, BROCCOLI AND SESAME SAUCE



Japanese noodles with shimeji mushrooms, broccoli and sesame sauce ✓ Q

Goma-ae is a Japanese sesame sauce, traditionally made using a suribachi ridged pestle and mortar. At home you can use a regular pestle and mortar, a mini blender or a wet-and-dry spice grinder.

Serves 2 | Prep 15 mins

Cook 15 mins

200g broccoli, cut into florets (or use purple sprouting broccoli, kale, cavolo nero, chard, green beans or a mix)

125g shimeji mushrooms

1 tbsp untoasted sesame oil

160g soba buckwheat noodles
sesame seeds, for sprinkling

For the goma-ae sesame sauce:

6 tbsp sesame seeds

2 tbsp shoyu

2 tbsp light brown sugar

3–4 tbsp water

1 To make the goma-ae, toast the sesame seeds in a dry frying pan on a gentle heat, until golden in colour. Then grind the seeds in a pestle and mortar or in a mini blender, until they become a paste, adding the shoyu and sugar. Add enough water to mix to the consistency of double cream.

2 Steam the broccoli until just cooked and still bright green.



Refresh with cold water if not using at once.

3 Pull the shimeji mushrooms apart gently and cut off any woody ends. Heat the sesame oil and stir-fry the mushrooms quickly.

4 Cook the noodles for 5–6 minutes in a pan of boiling water (or according to the packet instructions), then drain and place in a serving dish. Stir through half of the goma-ae sesame sauce.

5 Reheat the broccoli and mushrooms, place on top of the noodles and drizzle over the remaining sauce. Serve at once sprinkled with sesame seeds.

COOK'S TIP It is very easy to burn sesame seeds, so when you are dry-frying them always move the pan around on a low heat.

■ **PER SERVING** 758 cals, fat 37g, sat fat 6.5g, carbs 82g, sugars 24g, protein 24g, salt 2.5g, fibre 11g



Mushroom varieties

FRESH

CHESTNUT mushrooms are brown-cap mushrooms, have more flavour than white-cap mushrooms and are often organic.

CHANTERELLES have a beautiful orange colour and very distinctive taste. They can be cooked whole and are best sautéed in butter or olive oil. They are also called girolles in France.

OYSTER mushrooms have short stalks on one side of the smooth bare oyster-like cap, which can be up to 15cm in diameter. They grow on the trunks of deciduous trees. They have a delicate flavour so are best in light creamy dishes, shredded by hand and quickly stir-fried.

KING OYSTER mushrooms are from the same family as oyster mushrooms and are sometimes called trumpet mushrooms. They have a dense texture and a sweet mild taste. Slice them lengthwise and pan-fry, grill or bake.

PORCINI or ceps are found wild in the woods in autumn. To cook fresh, slice thickly and fry or char-grill, then drizzle with the best olive oil. You can

also buy them dried, with a more concentrated flavour.

SHIITAKE are tough, dark brown mushrooms with a 'meaty' flavour. They grow on tree logs and are available to buy fresh and dried. Shiitake are well suited to Asian dishes, but will also add taste to stews, risottos and soups.

SHIMEJI are popular Japanese mushrooms and are known as white or brown beech mushrooms, as in the wild they grow on fallen beech trees. They have a nutty flavour and chewy texture.

DRIED

Dried mushrooms are an essential storecupboard ingredient. Use them to add flavour to stocks and soups by just adding a few, whole, or rehydrate them in hot water and then chop them into risottos, pasta dishes or stews. I like dried porcini and shiitake as they are so full of flavour that you don't need to use many to add a wonderful mushroom aroma to your dishes. After rehydrating, you can use the soaking liquid as a stock, just strain off any grit and dirt at the bottom of the soaking bowl first.



Asian king oyster mushrooms

King oyster mushrooms are a 'new kid on the block' where mushrooms are concerned. They are so dense in texture that they make a good substitute for expensive porcini mushrooms and go well with sweet chilli flavours.

Serves 2 | Prep 15 mins
Cook 15 mins

3 king oyster mushrooms
1-3 tbsp sunflower oil
1 banana shallot, sliced
1 small red pepper, deseeded and sliced
1 clove garlic, finely chopped
2.5cm piece of fresh ginger, peeled and finely diced

For the sauce:

3 tbsp shoyu
1 tbsp rice vinegar
1 tbsp sweet chilli sauce
5 tbsp water
1 tsp cornflour

To serve:

jasmine rice
1 spring onion, sliced
a few cashew nuts

1 Slice the mushrooms lengthways into thick slices. Depending on size, aim

to get 4 slices out of each mushroom.

2 Mix together the sauce ingredients, except for the cornflour, and set aside.

3 Heat 1 tablespoon of the oil in a frying pan, add the mushrooms and fry until golden tinged – you may need more oil. Remove the mushrooms and set aside.

4 In the same frying pan, add another tablespoon of oil and cook the shallot and red pepper until beginning to brown, then add the garlic and ginger and quickly stir-fry.

5 Mix the cornflour with 2 tablespoons of cold water to a smooth paste, then add to the sauce.

6 Add the mushrooms back to the frying pan with the sauce. Bring to the boil and simmer until the sauce has thickened. Serve with steamed jasmine rice sprinkled with cashew nuts and spring onion.

■ **PER SERVING** 497 cals, fat 17g, sat fat 2.5g, carbs 79g, sugars 14g, protein 10g, salt 3g, fibre 4.5g





ASIAN KING OYSTER
MUSHROOMS



Mushroom, ale and celeriac pie

This is a large hearty pie, with a subtle celeriac flavour, and makes enough to serve again the next day.

Serves 6 | Prep 15 mins + soaking | Cook 1 hr

10g dried porcini mushrooms
300ml boiling water
3 tbsp sunflower oil
2 onions, sliced
250g celeriac, peeled and diced
1 large carrot, sliced
2 cloves garlic, crushed
150g chestnut mushrooms, sliced
150g mixed mushrooms (shiitake, chanterelles, oyster), sliced

200ml ale
½ tsp cornflour
400g can tomatoes
2 tsp coarse grain mustard
1 tsp Marmite
2 bay leaves
2 tsp fresh chopped thyme
2 tbsp fresh chopped parsley
salt and freshly ground black pepper
500g puff pastry
beaten free-range egg, to glaze

1 Soak the dried porcini in the boiling water for 30 minutes. Strain, reserving the soaking water, and finely dice.

2 Heat the oil and fry the onion until soft and translucent. Add the celeriac and carrot and

quickly stir-fry. Add the garlic and all the fresh mushrooms, then cook for 5 minutes.

3 Pour in the ale and simmer for a few minutes. Mix the cornflour with a tablespoon of cold water to make a paste. Add the tinned tomatoes, porcini water, chopped porcini, mustard, Marmite, cornflour paste and bay leaves, and simmer gently for 30 minutes, until the sauce is thick and rich. Add the chopped thyme and parsley and season well. Leave to cool.

4 Preheat the oven to 220C/fan 200C/gas 7. Pour the mushroom filling into a 1-litre pie dish.

5 Roll the puff pastry out to a 4mm thickness and large enough to cover your pie dish with some to spare. If your pie dish has a flat edge, cut a ring of pastry to the same width and stick it on with a brush of water.

6 Place the pastry over the dish and press down the edges to form a good seal, trimming off any excess with a sharp knife. Reserve the trimmings to decorate the pie. Knock up and flute the edges and cut a small cross in the middle to let out the steam.

Brush the top with beaten egg, decorate with mushroom shapes made from the leftover pastry and brush again with the egg.
7 Bake for 25–30 minutes, until puffed up and golden. Serve with herby potato mash and seasonal vegetables.

■ PER SERVING 502 cals, fat 33g, sat fat 10.5g, carbs 41g, sugars 10g, protein 9g, salt 2.1g, fibre 5.5g

govegan

V Not all puff pastry is vegan, so don't forget to check packaging. Glaze the pastry with soya milk instead of egg.

COOKING WITH...

PUFF PASTRY

At the cookery school we do make our own puff pastry, but it is a long process. It's easy to use the supermarket puff pastry blocks for homemade pies; they are better value than the ready-rolled, which is too small for a large pie dish. To reheat puff pastry, put it back in a hot oven, never in a microwave, which will turn it soggy and tough.



MUSHROOM, ALE AND CELERIAC PIE

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GREEN LIVING

BEARING FRUIT

As the British apple and pear season gets underway, gardening editor Alice Whitehead discovers how the burgeoning community orchard movement is offering a fruitful lifeline to heritage varieties, wildlife and local communities.

It's not the dawn chorus or even the refuse collection that causes Bridport residents to stir in the early hours. Just as the sun hits the town hall clock tower, earlier risers can be greeted with the spectacle of half a dozen men walking towards Priory Lane holding long-handled scythes.

But it's not some ghoulish *Night of the Living Dead* reenactment that takes place in this Dorset market town – it's a reaping of a different kind. At 6.30am on a given day in late summer, around eight volunteers from the Bridport Community Orchard

Group convene at their one-acre plot for the 'Breakfast Scythe'. Saved from its fate as a car park in the 1990s, they mow the orchard grass in the traditional way, before departing for their 'real day's work' at 9.30am.

Orchard revival

Far from being an unusual practice, however, it seems this thrill of orchard life – the sunrise scythe, the first pint from the apple press, the grafting and pruning – has taken root in Britain, with the development of community orchards at an all time high. From Norfolk to the North, communities are shunning the slim pickings of the supermarket shelves in favour of homegrown fruit – reinstating regional varieties and saving strips of urban sprawl and parcels of pasture for communities and wildlife to grow.

Of course, it's all in our blood. Ever since Henry VIII established the first large-scale orchards in Kent, Britain has had a hugely rich fruit heritage from perry and puddings to scrumping and cider and, up until recently, fruit trees were at the heart of every farm, country house garden or urban allotment.

While pressure on land for new houses and roads – and homogenous fruit imports in the 1960s – saw at least two-thirds of Britain's commercial orchards (and countless historic varieties) disappear, it seems our appetite for

native fruits such as the Doyenné du Comice pear, Early Rivers cherry and Cox's Orange Pippin apple has returned.

'The demand for community orchards is quite literally growing and growing,' says Clare Stimson, a director at the East of England Apples and Orchards Project (EEAOP), which began propagating regional fruit trees in 2003 and over 12 years has made more than 25,000 heritage varieties available to the public, as well as running orchard maintenance courses. 'Community orchards are unique community projects because they offer hands-on skills, access to local food, conservation and socialisation, but at a level that's not too demanding.'

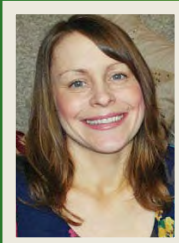
History in the making

As well as offering a lifeline to hundreds of heritage varieties that might otherwise be lost, community orchards are also reinstating ancient traditions and skills. Long before bare-chested Aidan Turner in BBC's *Poldark* brought scything to our attention, this was the main form of mowing in meadows and orchards. 'It's a wonderful, gentle activity,' says Bridport scyther Paul Arthur, who splits his time between his day job as a meteorologist and project managing the orchard. 'And it's also about encouraging wild flowers to grow.'

ABOUT ALICE

Alice Whitehead is a writer who loves to grow, eat and get muddy. For 16 years she has written garden and food features for magazines and newspapers, and more recently split her time between tending two large, city allotment plots and a school garden club. She still hasn't decided whether she prefers the pen or the spade.

www.wonderlandfreelance.co.uk



PHOTOGRAPH: ANDREW BUNGARD



PHOTOGRAPH: ANDREW BUNGARD

PROJECT

GROW YOUR OWN ORCHARD

IN THE COMMUNITY

- You don't need special skills or an allotment, as orchards can be grown on derelict sites, schools and hospital plots – but always get the landowner's consent and organise a tenancy agreement.
- Fruit needs sunlight to ripen, so choose a south-facing site and create wind barriers. Avoid chalky or waterlogged soils, and add plenty of compost. Avoid planting where fruit trees have been grown in the past, to avoid the build up of diseases.
- Plant from November to February. Pick varieties that will fruit throughout the season and are compatible for pollination.
- Draw your orchard on graph paper to ensure you have enough space and add the names and rootstocks of the varieties.

AT HOME

- Dwarf varieties of fruit only reach around 2 metres, so are perfect for petite plots. Try self-pollinating types on an 'M27' rootstock for apples, a 'Quince C' for pears or a 'Pixy' for a plum.



PHOTOGRAPH: ANDREW BUNGARD

- Choose a sheltered, sunny spot and a container around 60cm in diameter. Half fill with well-rotted compost, place your tree in the hole, back fill with soil and tie to a sturdy stake.
- Keep well watered and mulch around the base. In spring, throw fleece over the developing buds if frost threatens.

GET HELP

- Many local orchard groups sell heritage fruit trees – find your nearest group on www.orchardnetwork.org.uk.
- Try a Creating an Orchard workshop with the East of England Apples and Orchards Project, www.applesandorchards.org.uk.
- Learn more from Common Ground's *Community Orchards Handbook*, available from www.greenbooks.co.uk.

In January, Paul also joins other volunteers in an ancient wassail ceremony – keeping out the cold with hot cider, dancing and singing – while the wassail 'princess' pours cider on to the tree roots to ensure a good harvest. It's the same at Chorleywood Community Orchard in Hertfordshire, created in 2009 on the 170-acre estate of the 200-year-old manor house where the original ancient orchard grew. Here among the 140 apples, plums and cherries (28 of which are Hertfordshire varieties) they run moth and lichen events and blossom walks, and the orchard is a haven for people and wildlife.

'Children can see how apples grow and press their own juice, we've organised Burns Night haggis and cider tastings, created our own cider club and run Apple Days,' says Michael Hyde, treasurer for Chorleywood Orchard. 'It's brought us togetherness, a breathing space in the town and that "field to fork" appreciation. Above all, it's added fruitful variety to people's lives.'

Clare Stimson at the EEAOP says community orchards offer something deeply fundamental. 'Orchard fruit is embedded in our psyche: it has played a massive part in our cultural heritage – back to the Garden of Eden,' she says. 'Community orchards are powerful bonding projects that bring meaning to people from all walks of life.'

Chorleywood spiced apple chutney

Makes 4.5–5kg

- 2.75kg cooking or dessert apples, skin on, cored and quartered
- 500g onions, peeled and quartered
- 500g sultanas
- 25g salt
- 1.35kg sugar
- 1.5 litres malt vinegar
- 25g ground ginger
- ¾ tsp cayenne pepper
- 25g pickling spice
- 1 dsp whole cloves

- 1 Chop the apples and onions and put them into a large pan. Add the sultanas, salt, sugar, vinegar, ginger and cayenne pepper. Tie the pickling spice and cloves in muslin and immerse in the pan.
- 2 Simmer slowly, uncovered, for 2 hours, stirring occasionally. To test for readiness, drag the back of a spoon across the surface; the resulting channel should not immediately fill with liquid.
- 3 Pour into hot, sterilised jam jars and cover with vinegar-proof lids. Leave to mature for 3 months.

MAKE YOUR OWN APPLE PRESERVE



PHOTOGRAPH: ANDREW BUNGARD

AN APPLE A DAY...

It's crunch time! Try out these tasty heritage apple varieties at good greengrocers, farmers' markets, or community orchards in November.

Cox's Orange Pippin

Considered the 'connoisseur's apple', this dark yellow fruit with orange/red streaks was first grown in Buckinghamshire by retired brewer Richard Cox in the 1830s and remains one of the best quality traditional dessert apples. It's said a good specimen can have notes of pear, melon, freshly squeezed orange juice and even mango!

Jupiter

Developed in Kent in the 1960s as a cross between Cox and Starking, this apple has striking vertical flushes of red on top of orange and yellow, and very firm, juicy flesh.

Egremont Russet

A classic Victorian apple, first recorded in 1872, with a dull gold sandpaper skin with speckles of yellow and a unique nutty flavour.

Welsh Russet

Hard to bite due to its large size, this yellow-brownish russet is slightly sharp, but is not a cooker.

D'Arcy Spice

Originating in Essex in the 1800s and one of the best for storing, this greenish gold apple is crisp and juicy, with a spicy nutmeg flavour that's perfect for mince pies.

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GUNPOWDER, TREACLE AND PLOT...

Great British Bake Off
contestant Luis Troyano
serves up his delicious take on traditional parkin, made with lashings of treacle and extra fruit and nuts for a rich seasonal treat.

Fig and pecan parkin slices *

It seems a shame that parkin is associated with Bonfire Night and ignored for the rest of year. Well, I refuse to wait 12 months for it! Parkin is a rich cake that has many versions from all over the north of England. Thought to originate from the early 1700s, it's one of those great cakes that gets better in the days after you bake it. My version is a little different. I use lots of treacle for a deep rich flavour, and figs and pecan nuts to add an amazing crunch.

Makes 16 slices | Prep 30 mins | Cook 45 mins

300ml of your favourite ale or beer
 200g black treacle
 250g golden syrup
 225g plain flour
 1 tsp bicarbonate of soda
 3 tsp ground ginger
 85g cold unsalted butter, cut into 1cm cubes
 85g cold vegetable shortening, cut into 1cm cubes
 100g dried figs, coarsely chopped
 100g pecan nuts, coarsely chopped
 225g medium oatmeal
 1 large free-range egg, beaten
 50g rolled oats, for the topping

1 Preheat the oven to 160C/fan 140C/gas 3. Grease and line a 20 x 30cm rectangular tin, 5cm deep, with non-stick baking parchment.

2 Place the ale, treacle and golden syrup in a large saucepan over a low heat and gently stir until the treacle has dissolved. Remove from the heat and set aside.

3 Place the flour, bicarbonate of soda, ginger, butter and shortening in a food processor and pulse until it resembles breadcrumbs. Alternatively, rub them together using your fingers. Place them in a large mixing bowl and mix in the figs, nuts, oatmeal and egg to a stiff mixture.



FIG AND PECAN
PARKIN SLICES

4 Add the beer mixture and mix to a smooth consistency. Pour the mixture into the prepared tin and level the top with a spatula. Sprinkle the rolled oats evenly over the top.

5 Bake for 40–45 minutes. After 40 minutes, test the parkin with a skewer inserted into the centre: the skewer should come out completely clean and the cake should have shrunk away from the sides of the tin slightly. It may need a few more minutes.

6 Leave to cool in the tin for 10 minutes before placing on a wire rack to cool completely. Cut into slices when cool. The

slices will keep for up to 7 days stored in an airtight container.

■ PER SERVING 344 cals, fat 15.5g, sat fat 4.5g, carbs 47.5g, sugars 25.5g, protein 5g, salt 0.5g, fibre 3g



Recipe adapted from
Bake it Great by Luis
 Troyano (Pavilion, £25).
 Photography by
 Clare Winfield.

Textile designer turned Great British Bake Off winner Frances Quinn has launched her first book of fun, quirky and delicious recipes that fuse her love of word play, illustration and baking to produce simple yet show-stopping cakes.

Feed your imagination



Coffee shot 'cup' cakes

Baked and served in takeaway coffee cups, these cakes will bring out your inner barista. They are soaked in a coffee syrup with, if you like, a shot of coffee liqueur, before being topped with sweetened mascarpone cream (or use whipped cream if you prefer). You can find paper espresso cups online or, even better, make friends with your local coffee shop and buy the cups from them.

Makes 12 small cakes | Prep 40 mins

Cook 20 mins

For the cakes:

3 tbsp instant coffee
3 tbsp freshly boiled hot water
3 tbsp whole milk
150g butter, softened
150g light muscovado sugar
3 free-range eggs, at room temperature
150g self-raising flour
150g walnuts, toasted and chopped

For the coffee syrup:

½ tbsp instant coffee
50ml boiling water
50g caster sugar
½ tbsp coffee liqueur, such as Tia Maria (optional)

For the topping:

250g mascarpone
few drops of vanilla extract
50g icing sugar
dash of milk or cream, if needed

To decorate:

cocoa powder



COFFEE SHOT 'CUP' CAKES

PHOTOGRAPHY: GEORGIA GLYNN SMITH

1 Preheat the oven to 180C/fan 160C/gas 4. Line a 12-hole muffin tin with 12 espresso-sized (115ml) paper cups.

2 Mix the coffee with the hot water, then stir in the milk. Set aside to cool.

3 Using a hand-held electric whisk, or in a free-standing mixer, beat the butter and sugar together for 5-10 minutes or until very light and creamy. The mixture will turn from a rich toffee brown to a pale café-au-lait shade. Break the eggs into a mug or jug and beat with a fork. Gradually add the eggs to the creamed butter and sugar mixture, beating well after each addition. Should the mixture look like it's curdling, add a spoonful of the flour. Sift in the flour and fold in until just combined. Finally, stir through the coffee and chopped walnuts.

4 Spoon the mixture into the paper cups and bake for 15-20 minutes, or until the cakes have risen and a skewer pushed into the centre comes out clean.

5 While the cakes are baking, make the syrup. Put the coffee in a small pan, add the boiling water and stir to dissolve the granules. Stir in the sugar. Set the pan over a medium heat and bring to the boil. Reduce the heat and simmer gently for a few minutes or until the sugar is completely dissolved and you are left with a runny syrup. Remove from the heat and stir in the liqueur, if using.

6 Once the cakes are baked, remove from the oven and leave to cool in the tin for about 5 minutes. During this time, prick them all over with a cocktail stick and brush over the coffee syrup using a pastry brush, allowing the syrup to soak into the sponge. Use about ½ tablespoon of syrup per cup. Remove the cakes from the tin, still in their cups, and leave to cool completely on a wire rack.

7 Put the mascarpone and vanilla in a bowl and sift in the icing sugar. Beat together until creamy and well combined, adding a dash of milk or cream to slacken the mix slightly, if necessary. Spoon some on to each cake and spread level with a palette knife. Sift the cocoa on top, either all over or through a coffee-bean stencil to create some barista art.

COOK'S TIP I would definitely advise using the brown kraft ripple cups, as the outer rippled layer will conceal any butteriness that can soak through from the cake through the inner cardboard.

■ PER CUPCAKE 428 cal, fat 31g, sat fat 14.5g, carbs 32g, sugars 22.5g, protein 6g, salt 0.6g, fibre 1.5g

Fried egg cakes

These egg-cellent bite-sized treats are made with my essential lemon cake mix. To make them extra citrusy, the bright yolk at the

centre of each egg is formed with a blob of delicious orange curd. Serve up the cakes in real egg cartons for a great gift.

**Makes 24 mini cakes | Prep 25 mins
Cook 12 mins**

For the cakes:

50g butter, softened

50g caster sugar

finely grated zest of 1 lemon

1 free-range egg, at room temperature

50g self-raising flour

1 tbsp ground almonds

1 tbsp lemon juice

For the fried eggs:

50g icing sugar

about ½ tbsp lemon juice

25g orange curd

1 Preheat the oven to 180C/fan 160C/gas 4. Line a 24-hole mini-muffin tin with 24 white or yellow paper mini-muffin cases.

2 Using a hand-held electric whisk (it's tricky to beat this small quantity in a free-standing mixer), beat the butter and sugar together for 5-10 minutes or until very light, pale and creamy. Add the lemon zest and beat it in.

3 Break the egg into a mug or jug and beat with a fork. Gradually add the egg to the creamed butter and sugar mixture, beating well after each addition. If the mixture looks like it's curdling, beat in a spoonful of the flour. Sift the flour and almonds into the bowl and fold them in until just combined. Gently stir in the lemon juice. Spoon the mixture into the muffin cases, dividing it equally.

4 Bake for 10-12 minutes or until the cakes are risen and lightly golden brown, and a



FRIED EGG CAKES

skewer inserted into the centre comes out clean. Leave the cakes to cool in the tin for 5 minutes before transferring them, still in their paper cases, to a wire rack to cool completely.

5 To make a lemon water icing for the fried eggs, sift the icing sugar into a bowl and stir in a little lemon juice, a few drops at a time, until you have a smooth, thick paste. Carefully spoon a little of the icing on to the top of each cake, creating an uneven shape that suggests the white of a fried egg. Use a latte stirrer to help you spread the icing into the right shape. Then, with the stirrer, apply a blob of orange curd to the centre of each egg. Leave to set.

6 Before serving, carefully place your cakes inside egg boxes, if using.

■ PER CAKE 50 cals, fat 2.5g, sat fat 1g, carbs 6.5g, sugars 5g, protein 1g, salt 0.1g, fibre 0g

Millionaire's shortchange

Based on the classic biscuit-caramel-chocolate layer known as millionaire's shortbread, these gold coin-topped bites take the concept to a whole new level. I like to make my own rich caramel for the middle layer as a softer version of the shop-bought toffee pennies that I loved as a child – and still do today.

**Makes 24 mini bites | Prep 40 mins
Cook 20 mins**

For the shortbread:
50g caster sugar
100g butter, softened
150g plain flour

For the caramel:
50g golden syrup
50g caster sugar
25ml double cream
pinch of salt (optional)

To decorate:
24 gold-wrapped chocolate coins,
about 4cm diameter

1 Preheat the oven to 170C/fan 150C/gas 3. Grease a 24-hole mini-muffin tin and line with 'seatbelt straps' (see tip, opposite).

2 Using a hand-held electric whisk, or in a free-standing mixer, beat the sugar and butter together for 3–5 minutes or until smooth and creamy. Sift the flour into the mixture in two batches, mixing in each batch

until just combined. Use your hands to bring the mix together into a dough without overworking it.

3 Transfer the dough to the muffin tin, putting about 12g dough into each hole. Level off each mini shortbread with your fingertips or the back of a teaspoon, then prick the surface with a fork, just indenting rather than going right through. Bake for 15–20 minutes or until lightly golden brown and firm. Leave to cool in the tin.

4 Next make the caramel. Weigh the golden syrup into a small/medium saucepan. Sprinkle the sugar over the surface of the syrup, then set the pan over a medium heat and stir with a wooden spoon or silicone spatula until the sugar has dissolved. Cook gently, swirling the caramel around in the pan, until it reaches a rich amber colour. Remove the pan from the heat and set it on your digital scales. Pour and weigh in the cream. Stir as the caramel bubbles until everything is fully combined and smooth. Stir in the salt, if using. Pour the caramel into a small bowl and leave to cool.

5 Now remove your shortbread bases from the tin. Pull off a piece of caramel (about 4g), roll into a ball and flatten on top of a shortbread round (like a soft toffee penny). It helps to slightly dampen your fingertips and palms of your hands, to prevent the caramel from sticking while creating your pennies. Peel off the foil from one side of a chocolate coin. Place it, chocolate side down, on top of the caramel layer, pressing gently but firmly to make it stick.

6 Continue assembling the remaining shortchanges in the same way. Leave them to set before serving.

■ PER SHORTBREAD 106 cals, fat 5.5g, sat fat 3.5g, carbs 14g, sugars 9g, protein 1g, salt 0.2g, fibre 0g



Recipes adapted from *Quinntessential Baking* by Frances Quinn (Bloomsbury, £25). Photography by Georgia Glynn Smith.



CLEVER TIP

Muffin tins are usually lined with paper or foil cases, but you can sometimes use 'seatbelt straps'. First lightly grease the cups of the muffin tin, then cut a fairly narrow strip of parchment (1-2cm wide, depending on the size of the cup) for each and lay it inside, making sure the ends come up above the rim of the cup on opposite sides. The overhang will act as 'handles' that enable you to lift out the cake once baked.



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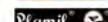
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EVERYDAY EATS

Something for every day of the week – try Annie Bell’s family classics, Jamie’s super food suppers and Liz Martin’s bonfire bites.

JAMIE'S SUPER FOOD SUPPERS



Jamie Oliver makes healthier eating appealing and accessible with his latest collection of nutritionally balanced dishes. Try his vibrant, vitamin-packed recipes for quick and easy midweek meals.

.....

Mega veggie burgers, garden salad and basil dressing

Tofu is a brilliant carrier of flavours, plus it's high in protein, low in saturated fat and a great source of calcium and phosphorus, both of which make for strong and healthy bones.

Serves 4 | Prep/cook 45 mins

350g firm silken tofu
1 large free-range egg
75g wholemeal breadcrumbs
2 heaped tsp Marmite
8 ripe tomatoes
1 tbsp red wine vinegar
2 sprigs of fresh basil
4 soft wholemeal buns
400g mixed seasonal salad veg, such as cucumber, red cabbage, apples, cress, baby spinach

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PHOTOGRAPHY: JAMIE OLIVER

olive oil
2 sprigs of fresh rosemary
50g vegetarian Cheddar cheese
50g gherkins

For the creamy basil dressing:

4 sprigs of fresh basil
4 tbsp natural yogurt
1 tbsp white wine vinegar
1 tsp Dijon mustard
¼ fresh red chilli

1 Wrap the tofu in a clean tea towel, then squeeze and wring it out to remove the excess liquid (about 4 tablespoons should come out – it's messy, but really important to do this for great burger texture later).

2 Place the tofu in a bowl, scraping it off the tea towel. Crack in the egg, then add the breadcrumbs and Marmite. Mix and scrunch together really well with clean hands, then shape into 4 even-sized patties that'll fit nicely in your buns once cooked.

3 Roughly chop the tomatoes and put into a dry non-stick frying pan on a high heat with a pinch of black pepper, a splash of water and the vinegar. Squash the tomatoes with a potato masher, cook for 10-15 minutes, or until thick and delicious, then tear in the basil leaves and season to perfection (I sometimes add a pinch of dried red chilli flakes too, for a kick).

4 If you want to plump up your buns, pop them into a warm oven for a few minutes.

5 Meanwhile, finely slice or prep all the salad veg. Next, pick the basil leaves into a blender and blitz with all the other dressing ingredients and a pinch of salt and pepper until super-smooth.

6 Place 2 teaspoons of oil in a large non-stick frying pan on a medium heat. Pick the rosemary leaves into the pan in four piles, place the patties on top and cook for 3 minutes on each side, or until golden. Slice or grate the cheese, place on the patties, reduce the heat to low, then cover and leave to melt for 3-4 minutes.

7 Spread the tomato sauce into the buns, then sandwich the cheesy burgers and sliced gherkins inside. Toss the salad with half the dressing (save the rest for another day), serve alongside the burgers and enjoy – totally awesome.

■ PER SERVING 424 cals, fat 15.7g, sat fat 4.6g, carbs 44.8g, sugars 12.1g, protein 24.9g, fibre 9.3g



MEGA VEGGIE BURGERS,
GARDEN SALAD AND
BASIL DRESSING

*'Food is there to be appreciated, shared and enjoyed,
and healthy, nourishing food should be colourful,
delicious and, most importantly, fun'*

Spelt spaghetti, vine tomatoes and baked ricotta

Spelt spaghetti has an incredible nutty taste and is a great alternative to regular spaghetti as it's high in wheat bran fibre, or beta-glucans, which help keep our cholesterol levels in check.

Serves 4 | Prep/cook 1 hr

olive oil
 ½ bunch of fresh thyme (15g)
 4 cloves garlic
 ½–1 fresh red chilli
 1 lemon
 500g ripe mixed-colour cherry tomatoes, on the vine
 250g best quality ricotta cheese
 320g dried spelt spaghetti
 4 handfuls of rocket
 balsamic vinegar (optional)

1 Preheat the oven to 180C/350F/gas 4. Pour 3 tablespoons of oil into a small bowl. Run the bunch of thyme under a hot tap for 3 seconds to reawaken it, then shake dry and strip the leaves into the oil. Peel the garlic, then finely slice it with the chilli and add to the bowl. Finely grate in the lemon zest, add a pinch of sea salt and black pepper and mix together.

2 Lay the cherry tomatoes in a 30cm x 40cm baking tray. Rub the flavoured oil all over the ricotta and place in the centre of the tray, then gently rub the remaining oil over the tomatoes. Add a splash of water to the tray, place in the oven and roast for 45 minutes, then remove.

3 With 10 minutes to go, cook the spaghetti in a pan of boiling salted water according to the packet instructions.

4 Lift the ricotta out of the tray, then shake the tomatoes off the vines, discarding the stalks. Add half a mug of pasta water to the tray and gently shake to loosen all the sticky goodness from the base.

5 Drain the spaghetti and toss straight into the tray with a squeeze of lemon

juice, season to perfection, then break that beautiful ricotta over the top. Sprinkle over the rocket, toss together well, then serve. My missus likes this with a little drizzle of balsamic, too.

■ PER SERVING 492 cals, fat 18.9g, sat fat 5.8g, carbs 61.7g, sugars 9.2g, protein 16.3g, fibre 7g

SPELT SPAGHETTI,
VINE TOMATOES
AND BAKED RICOTTA



Baked eggs in popped beans with cherry tomatoes and ricotta on toast

Mighty cannellini beans are a great source of protein, high in fibre, and contain vitamin C as well as magnesium, a mineral that helps our muscles to function properly.

Serves 2 | Prep/cook 20 mins

250g mixed-colour ripe cherry tomatoes
½ lemon
extra-virgin olive oil
4 sprigs of fresh basil
400g can cannellini beans
1 good pinch of fennel seeds
2 large free-range eggs
2 slices of seeded wholemeal bread
2 heaped tsp ricotta cheese
thick balsamic vinegar (optional)
hot chilli sauce (optional)

1 Halve the tomatoes, place in a bowl and toss with the lemon juice, 1 tablespoon of oil and a pinch of sea salt. Pick, tear and toss in the basil leaves (reserving the smaller ones for garnish), then leave aside to macerate for a few minutes.

2 Meanwhile, place a large non-stick frying pan on a high heat. Drain the beans and put into the hot pan with the fennel seeds and a pinch of black pepper. Leave for 5 minutes, shaking occasionally – you want them to char and pop open, bursting their skins.

3 Pour the macerated tomatoes into the pan with 100ml of water, season, then leave to bubble away vigorously for 1 minute. Crack in an egg on each side, then cover with a lid, plate or tin foil, reduce to a medium-low heat and slow-cook for 3–4 minutes for nice soft eggs, or longer if you prefer. Meanwhile, toast the bread.

4 Divide the ricotta and spread over the two pieces of hot toast, then serve on the side of the baked eggs

in beans. Sprinkle the reserved baby basil leaves over the top and tuck right in. Nice finished with a drizzle of balsamic vinegar and/or a drizzle of hot chilli sauce. Delicious.

■ PER SERVING 399 cals, fat 15.7g, sat fat 3.6g, carbs 40.7g, sugars 5.8g, protein 22g, fibre 12.6g



Recipes taken from *Everyday Super Food* by Jamie Oliver, published by Penguin Random House, £26.
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Photographer: Jamie Oliver

Annie Bell draws on years of professional experience in the kitchen to create her definitive collection of everyday classics. Here she offers a taste of the familiar with a contemporary twist, using seasonal ingredients and storecupboard staples to whip up reliably delicious dishes.

Home & hearth

Oven-baked tomato and herb risotto

Cooked traditionally, a risotto demands you hover attentively by the stove for some 20 minutes, adding a little more boiling stock to the rice each time it is absorbed. It is worth learning how to cook it properly, even if you are forgiven for opting for this oven-baked cheat's version thereafter.

Serves 4 | Prep 10 mins | Cook 40 mins

For the risotto:

1 litre vegetable stock
25g unsalted butter
1 medium onion, peeled and finely chopped
800g beefsteak tomatoes, skinned and coarsely chopped
300g risotto rice (e.g. carnaroli or Vialone Nano)
150ml dry white wine
approx. 25 saffron filaments, ground and blended with 1 tbsp boiling water
sea salt and black pepper
100g vegetarian Parmesan-style cheese, freshly grated, plus extra to serve

For the herb purée:

50g mixed fresh herbs (e.g. flat-leaf parsley, basil and mint), roughly chopped
6 tbsp extra-virgin olive oil

1 Preheat the oven to 190C/fan 170C fan/gas 5. Bring the stock to the boil in a small saucepan. Melt the butter in a large cast-iron casserole over a medium heat and fry the onion for a few minutes until translucent.



OVEN-BAKED
TOMATO AND
HERB RISOTTO

PHOTOGRAPHY: NASSIMA ROTHACKER

2 Add the chopped tomatoes and cook for a few minutes longer, stirring frequently until they start to become mushy. Add the rice and cook for 1-2 minutes, stirring to coat it in the butter and flavourings.

3 Add the wine and continue to cook until it has all been absorbed. Add the saffron liquid, pour in the hot stock and season with plenty of salt and pepper. Bring to the boil, cover the pan with a lid and cook in the oven for 25 minutes.

4 Meanwhile, place the herbs and olive oil in a food processor and blitz to a smooth purée.

5 Just before serving, stir the grated Parmesan-style cheese into the risotto, dollop the herb purée on top and fold over a few times to streak it. Serve with extra Parmesan-style cheese to hand around.

COOK'S TIP Making the risotto in advance? You can prepare it up to the end of Step 2.

■ PER SERVING 685 cals, fat 33.5g, sat fat 11.5g, carbs 73.5g, sugars 8g, protein 19g, salt 2.9g, fibre 4.5g

Homemade pot noodle 🍜

Even when the cupboard is in a Mother Hubbard state, the chances are we can still amass the necessary for a stir-fry.

Serves 4 | Prep/cook 20 mins

175g medium egg noodles
200g shelled fresh peas
150g mangetout, ends trimmed and cut into long thin strips
1 tbsp groundnut oil
3 cloves garlic, peeled and finely chopped
1 tsp finely grated fresh root ginger
1 medium-hot red chilli, core and seeds removed, finely chopped
6 spring onions, thinly sliced
sea salt and black pepper
3 tbsp finely chopped fresh flat-leaf parsley or coriander
light soy sauce, to serve

1 Bring two medium-sized pans of salted water to the boil. Add the noodles to one, give them a poke to break them up and boil as directed on the packet; drain into a sieve and rinse briefly under cold running water.

2 Add the peas to the other pan and boil for 2 minutes, adding the mangetout after 1 minute; drain into a





ROASTED SWEET
POTATOES WITH MIDDLE
EASTERN ELIXIR

sieve and rinse briefly under the cold tap.

3 Heat the groundnut oil in a wok or large non-stick frying pan over a medium-high heat for several minutes. It is essential that your pan is hot enough before you add the veggies, otherwise they will end up stewing.

4 Add the garlic, ginger and chilli and stir-fry momentarily until sizzling and fragrant. Put in the drained cooked noodles and fry for about 1 minute, turning them occasionally. Add the cooked mangetout and peas along with the spring onions and stir-fry for a further 2 minutes, lightly seasoning with salt and pepper.

5 Remove the pan from the heat and stir in the parsley or coriander. Serve with light soy sauce.

■ PER SERVING 273 cal, fat 7g, sat fat 1.5g, carbs 40g, sugars 4.5g, protein 11.5g, salt 2.2g, fibre 7g

Roasted sweet potatoes with Middle Eastern elixir

They might look like potatoes, but sweet potatoes have more in common in terms of flavour and texture with a pumpkin or squash, only sweeter. The Middle Eastern elixir is an all-purpose blend. Fab drizzled over simple green salads with avocado, or roasted veg.

Serves 4 | Prep 10 mins | Cook 40 mins

1.2kg small orange-fleshed sweet potatoes, peeled and quartered lengthways (halved if long)

5 tbsp extra-virgin olive oil

1 level tbsp onion seeds

sea salt and black pepper

2 large red onions, peeled, halved and thinly sliced

2 handfuls of watercress (optional)

For the Middle Eastern elixir:

3 tbsp lemon juice

2 tsp runny honey

1 large clove garlic, peeled and crushed to a paste

1 heaped tsp finely chopped medium-hot red chilli

½ tsp ground cumin or coriander

sea salt

6 tbsp extra-virgin olive oil

3 tbsp finely chopped flat-leaf parsley

1 Preheat the oven to 240C/fan 220C/gas 9. Toss the sweet potatoes in a large bowl with 3 tablespoons of the olive oil, the onion seeds and some seasoning. Tip into a large roasting pan that will hold the potatoes in a crowded single layer and roast for 30–40 minutes, stirring halfway through.

2 Meanwhile, toss the onion slices in a large bowl with 2 tablespoons of the oil, spread

out on a baking sheet and roast for 15–17 minutes until golden and caramelised, stirring halfway through.

3 Whisk the lemon juice, honey, garlic, chilli and spice with some salt in a small bowl, and then add the olive oil. Shortly before serving, stir in the parsley. (Avoid adding the parsley too far in advance or it will dull in flavour and colour.)

4 To serve, mix the onions into the sweet potatoes and drizzle over the dressing. Transfer to a large serving bowl or platter and top with a pile of fresh watercress (if using).

■ PER SERVING 623 cals, fat 33.5g, sat fat 5g, carbs 74.5g, sugars 25.5g, protein 6g, salt 2.2g, fibre 11g

Beetroot and goat's cheese tray tart

This big puff pastry tart has pissaladière-like appeal with its base of silky onions. Perfect for handing round as an appetiser or eating with a green salad.

Serves 6 | Prep 25 mins | Cook 45 mins

5 tbsp extra-virgin olive oil
4 large onions, halved and thinly sliced
sea salt and black pepper
200g cooked beetroot (unvinegared), thinly sliced into rounds
1 tbsp balsamic vinegar
320g sheet ready-rolled puff pastry, approx. 25 x 35cm (preferably all-butter)
1 free-range egg yolk blended with 1 tbsp milk to form an eggwash
100g young soft goat's cheese, broken into 1–2cm pieces
1 tbsp lemon thyme leaves

1 Heat 2 tablespoons of the olive oil in a large saucepan over a medium-low heat and fry the onions for about 20 minutes until syrupy and lightly golden, stirring frequently, especially towards the end. Season with salt and pepper.

2 Meanwhile, toss the beetroot in a medium-sized bowl together with 1 tablespoon of the oil, the vinegar and some seasoning.

3 Preheat the oven to 210C/fan 190C/gas 6½. Unroll the pastry on to a baking sheet, and cut off a small 1cm triangle from each corner. Brush all around the outside with the eggwash,

and then fold in a 1cm border all round to create a little lip. Brush again with eggwash.

4 Pile the cooked onions in the centre and spread out in an even layer, making sure they don't extend over the lip. Arrange the beetroot slices over the surface, followed by the goat's cheese and thyme. Drizzle

with the remaining 2 tablespoons of olive oil.

5 Bake in the oven for 25 minutes until golden and crusty. Serve about 15 minutes out of the oven, or at room temperature.

■ PER SERVING 429 cals, fat 30.5g, sat fat 10g, carbs 30g, sugars 9g, protein 8.5g, salt 1.8g, fibre 4g



BEETROOT AND GOAT'S CHEESE TRAY TART

No-churn Oreo ice cream

The guilt of dishing up a retro pud that relies on a tin of condensed milk for instant results knows no bounds. And yet there is a time and place, rather too frequently in fact. This cheat is a friend for life, and will also do wonders for the confidence of the beginner. By far the easiest of ice cream recipes.

Serves 6 | Prep 15 mins + freezing

600ml whipping cream
250g condensed milk
1 tsp vanilla bean paste or extract
6 Oreo cookies, cut into 1-2cm dice

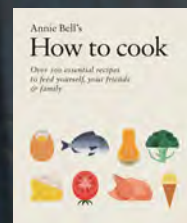
1 Place the cream, condensed milk and vanilla in a large bowl and whisk until it forms soft, fluffy peaks, using an electric whisk.

2 Fold in the Oreos, discarding any crumbs. Transfer to a container, seal and freeze for a good half day. If freezing overnight, remove from the fridge 20-30 minutes in advance to allow the ice cream to soften.

COOK'S TIP It can take some minutes for cream to start to thicken – and, if you're

not careful, splatter the kitchen with tiny droplets. The trick is to use a really roomy bowl – one of those old-fashioned mixing bowls is ideal.

■ **PER SERVING** 408 cal, fat 26.5g, sat fat 16.5g, carbs 38g, sugars 34g, protein 7g, salt 0.4g, fibre 0g



Recipes adapted from *How to Cook: 200 essential recipes for life* by Annie Bell (Kyle Books, £25). Photography by Nassima Rothacker.

30% fewer calories than skimmed cow's milk

New Koko Dairy Free Light not only has 30% less fat than our Original milk alternative, but it also contains just 24 Calories per 100ml – that's 30% fewer than skimmed cow's milk.

Both Original & new Light are dairy free, soya free and allergen free. Both are fortified with Calcium and Vitamins D2 and B12. And both have a light, fresh taste that makes them real alternatives to dairy milk in hot drinks, with cereals and in cooking.

Koko Dairy Free – no sacrifice alternatives to cow's milk.

NEW
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OVEN-BAKED
MACARONI CHEESE
WITH SQUASH AND
SPINACH

Whether you're looking for a simple hearty meal or a quick and easy crowd-pleasing dish to serve at your garden bonfire party, Liz Martin's comfort food fits the bill – plus a sweet treat to tempt everyone back indoors once the fireworks have finished!

BONFIRE BITES

Oven-baked macaroni cheese with squash and spinach

Serves 4 | Prep 10 mins
Cook 1 hr 5 mins

3 tbsp olive oil
550g squash, peeled and diced
2 cloves garlic, chopped
1 tbsp fresh thyme leaves
300g macaroni
50g butter
1 red onion, sliced lengthways
50g plain flour
1½ tbsp wholegrain mustard
600ml milk
75g fresh spinach leaves
100g frozen peas
75g vegetarian Gruyère cheese, grated
75g vegetarian Cheddar cheese, grated
2 medium tomatoes, sliced

1 Preheat the oven to 200C/fan 180C/gas 6. Toss together 2 tablespoons of the olive oil, the squash, garlic and thyme leaves in a roasting tin. Roast the squash for 30 minutes, stirring once during cooking. Remove from the heat and allow to cool slightly.

2 Meanwhile, cook the macaroni in a large pan of boiling water for about 9 minutes, until *al dente*. Drain and set aside.

3 Heat the remaining oil together with the butter in a pan and sauté the onion for 5 minutes, until softened. Stir in the flour and cook for 2 minutes,

stirring occasionally. Remove the pan from the heat and gradually add in the mustard and milk until well blended. Return to the heat and bring to the boil, stirring occasionally, until thickened.

4 Remove the pan from the heat and stir in the macaroni, squash and pan juices, spinach and peas. Transfer to a ovenproof dish. Sprinkle over the cheese and top with the tomato slices.

5 Bake for 30–35 minutes, until golden and bubbling.

■ PER SERVING 809 cals, fat 40.5g, sat fat 20g, carbs 83.5g, sugars 16g, protein 29g, salt 1.5g, fibre 8g

Mexican leek and bean quesadillas

Serves 4 | Prep 20 mins | Cook 30 mins

2 tbsp olive oil, plus 8 tsp
3 leeks, sliced
2 red chillies, chopped
2 cloves garlic, chopped
4 tsp Mexican fajita spice blend
½ x 400g can red kidney beans, drained
3 large tomatoes, chopped
8 large plain tortillas
200g vegetarian chilli and red pepper
Red Leicester cheese, sliced or grated

For the guacamole:

2 avocados, peeled and stoned
1 tbsp sweet chilli sauce
3 tbsp roughly chopped fresh coriander



MEXICAN LEEK AND BEAN QUESADILLAS

RECIPES AND STYLING: LIZ MARTIN
PHOTOGRAPHY: MICHAEL DANNENBERG

To serve:

1 bunch of spring onions, chopped
jalapeños, chopped
soured cream

1 Heat the 2 tablespoons of oil in a pan and sauté the leek, chilli and garlic for 8 minutes. Stir in the spice blend and cook for 1 minute. Add the kidney beans and tomatoes and cook 2 minutes.

2 Heat 1 teaspoon of the oil in a large pan and place a tortilla in the base. Spread over a quarter of the leek mixture, top with a quarter of the cheese and another tortilla wrap. Press down and cook over a medium heat. Brush over another teaspoon of oil, turn over and cook for 2 minutes. Repeat with the remaining tortillas and filling.

3 To make the guacamole, mash the avocado with a fork, then stir in the chilli sauce and half the coriander.

4 Cut the quesadillas into wedges and serve with the guacamole, spring onion, jalapeños, soured cream and remaining coriander.

■ PER SERVING 772 cals, fat 46.5g, sat fat 18g, carbs 55.5g, sugars 12g, protein 28.5g, salt 2.5g, fibre 15g

govegan

There are spicy, peppery cheese options for vegans too! Try VBites or Veganic Violife. Serve with lashings of Tofutti's Sour Supreme.

Fried gnocchi with Dijon mushrooms and French beans

Serves 4 | Prep 10 mins | Cook 20 mins

175g French beans, cut in half
6 tbsp olive oil
2 leeks, halved lengthways and sliced
300g mushrooms, sliced
1 clove garlic, chopped
1 tbsp fresh thyme leaves
1 tbsp Dijon mustard
450ml crème fraîche
2 x 250g packets gnocchi

1 Cook the beans in a pan of boiling water for about 5 minutes. Drain and refresh under cold running water. Set aside.

2 Heat 2 tablespoons of the oil and cook the leek for 8 minutes until softened. Using a slotted spoon, transfer to a plate and keep warm.

3 Add 2 tablespoons of the oil to the pan and sauté the mushroom and garlic for 5 minutes. Return the leek and beans to the pan, stir in the thyme, mustard and crème fraîche and heat through.

4 Heat the remaining oil in a separate pan and sauté the gnocchi for 10 minutes, until just golden. Stir in the sauce and serve.

■ PER SERVING 698 cals, fat 52.5g, sat fat 23.5g, carbs 47.5g, sugars 7.5g, protein 10g, salt 0.6g, fibre 4.5g

go vegan

V Mix up 225ml vegan cream cheese with the same quantity of plain soya yogurt for a vegan-friendly crème fraîche substitute.

Cheesy stuffed jacket potatoes with homemade campfire beans

Serves 4 | Prep 20 mins | Cook 2 hrs

4 large baking potatoes, cleaned and scored
5 tbsp olive oil
3 onions, sliced
225g mushrooms, chopped
3 cloves garlic, roughly chopped
125g baby spinach leaves
100g vegetarian Cheddar cheese, grated
1 tbsp white wine vinegar
1 tsp soft brown sugar
400g can cannellini beans, drained
200ml passata
4 tbsp barbecue sauce

1 Preheat the oven to 200C/fan 180C/gas 6. Place the potatoes on a baking sheet and bake for 1-1½ hours, until softened.

2 Meanwhile, heat 2 tablespoons of the oil in a pan and gently sauté two of the onions for

about 15 minutes, until caramelised. Using a slotted spoon, transfer to a plate.

3 Add 2 tablespoons of the remaining oil and sauté the mushrooms for 5 minutes. Add 1 clove of the garlic and sauté for a further 2 minutes, until golden. Stir in the spinach and set aside.

4 Remove the potatoes from the oven and halve. Scoop out the centres, place in a bowl and lightly mash. Stir in half the fried onions, the mushroom mixture and half the cheese. Divide between the potato cases and then scatter over the remaining cheese and bake for 20 minutes, until golden.

5 Meanwhile, heat the remaining oil and

sauté the remaining onion and garlic for 5 minutes, until softened. Add the vinegar, sugar, beans, passata and barbecue sauce. Bring to the boil and simmer for 10 minutes, until thickened.

6 Remove the potatoes from the oven and serve with the beans spooned over and the reserved onions on top.

■ PER SERVING 573 cals, fat 26g, sat fat 8g, carbs 62.5g, sugars 12.5g, protein 20g, salt 1.6g, fibre 11g

go vegan

V There is a wide range of vegan Cheddar-style cheeses, available in shops and online.



FRIED GNOCCHI WITH
DIJON MUSHROOMS
AND FRENCH BEANS



CHEESY STUFFED
JACKET POTATOES
WITH HOMEMADE
CAMPFIRE BEANS

Vegetable barley broth with pesto and garlic toasts

Serves 4 | Prep 20 mins

Cook 1 hr 5 mins

For the soup:

1 tbsp olive oil
250g turnips, peeled and chopped
250g swede, peeled and chopped
250g potatoes, peeled and chopped
1 leek, sliced
3 sticks of celery, sliced
2 carrots, sliced
75g pearl barley
1 bay leaf

1.4 litres good quality vegetable stock
1 tbsp chopped fresh flat-leaf parsley
grated vegetarian Parmesan-style cheese, to serve (optional)

For the pesto:

25g pine nuts
1 medium bunch of fresh basil leaves
25g vegetarian Parmesan-style cheese, grated
75ml olive oil
1 clove garlic

For the garlic toasts:

75ml olive oil
2 cloves garlic
ciabatta olive loaf, sliced

1 To make the soup, heat the oil and sauté the vegetables for 5 minutes, stirring occasionally. Add the barley, bay leaf and stock. Bring to the boil, cover and simmer over a low heat for 1 hour.

2 To make the pesto, heat a non-stick pan and dry-fry the pine nuts for about 2 minutes, stirring occasionally until golden. Remove from the heat and allow to cool. Place in a food processor with the basil, Parmesan-style cheese, oil and garlic, and blend until smooth.

3 To make the garlic toasts, mix the oil and garlic together and brush over the ciabatta slices. Preheat the grill and toast the slices on both sides.

4 Divide the soup between warm serving bowls and spoon over the pesto. Serve with the toasts and a scattering of Parmesan-style cheese, if desired.

■ PER SERVING 681 cals, fat 46g, sat fat 7g, carbs 53.5g, sugars 11.5g, protein 12.5g, salt 1.7g, fibre 8g

govegan

V Grate away for both pesto and serving, with VBites Hard Italian Style Cheezly.



VEGETABLE BARLEY BROTH WITH PESTO AND GARLIC TOASTS

Honeycomb crunch with chocolate dipping sauce

Serves 4 | Prep 15 mins + cooling

Cook 20 mins

25g light soft brown sugar
125g caster sugar
4 tbsp golden syrup
1 tbsp bicarbonate of soda
75g dark chocolate, broken into pieces
75g white chocolate, broken into pieces
100ml double cream
75g shelled pistachio nuts, roughly chopped

1 Line a baking tray with parchment paper.

2 Place the sugars and golden syrup together in a pan, and heat gently, stirring until the sugar has melted. Bring to the boil and cook vigorously for about 1 minute. Remove the pan from the heat and quickly stir in the bicarbonate of soda, which will make the mixture froth up. Pour immediately into the prepared tin and allow to cool.

3 Meanwhile, place the two chocolates in separate pans. Add half the cream to each. Heat both gently over a low heat, stirring occasionally until smooth and blended.

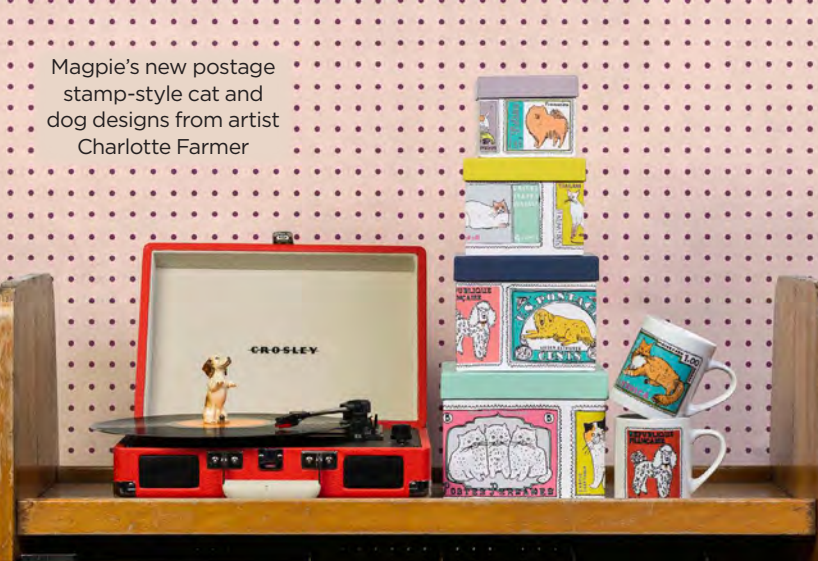
4 Break the honeycomb into pieces, and serve with separate dipping bowls for the dark and white chocolate sauces, and the chopped pistachios.

■ PER SERVING 594 cals, fat 29g, sat fat 14.5g, carbs 82g, sugars 78g, protein 5.5g, salt 2.1g, fibre 1.5g



HONEYCOMB
CRUNCH WITH
CHOCOLATE
DIPPING SAUCE

Maggie's new postage stamp-style cat and dog designs from artist Charlotte Farmer

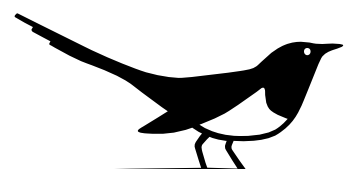


Left: Birdy, Maggie's first in-house collection, celebrates British birds

Below: The Folio collection includes storage tins inspired by vintage reference books



MAGPIE TENDENCIES



Ethical entrepreneur Nicky Sloan puts her compassionate beliefs at the heart of her gift and homeware brand, as well as producing the most fun and stylish vegan-friendly products on the market, discovers Lindsey Harrad.

Growing up as an only child at the foot of the mountains in County Down, Magpie founder Nicky Sloan said she had to find ways to keep herself amused. 'I suppose I was quite creative even as a child,' she says. 'I made clothes, decorated my room walls with découpage, painted album covers on to friends' denim jackets, designed and drew, that sort of thing. I still have the most supportive parents. To this day, they're always proudly sending me photos or messages about Magpie products they've spotted in shops.'

Indeed, if you step into almost any independent homeware or gift shop or good department store around the UK the chances are you'll see some Magpie products on sale. The company's bold, contemporary designs feature on everything from mugs to cake tins and tea towels, and often feature wildlife or evoke early 20th-century design styles. Many of the collections are directly inspired by Nicky's own eclectic tastes. After living in South London for nearly 20 years, she was keen to return to her country roots, so she, her husband and their four rescue cats now live in a 500-year-old house in West Sussex,

where she embraces the beautiful views, solitude and proximity to nature, but still loves to fill her home with the things that inspire her work.

'At home I have quite a menagerie of collectibles and oddities, from 1960s glassware, to anatomical models, to vintage charity collection boxes,' she reveals. 'I do enjoy a good rummage around antique and collector's fairs. There's so much to take inspiration from – I'm just as likely to come back with G-plan furniture from the 60s as I am ecclesiastic statues from the 19th century!'

A love of design

After taking a degree in graphic design, Nicky moved to London in the early 1990s to embark on a career as a packaging designer, working primarily on food products. But after a while she realised she enjoyed the challenge of sourcing the perfect props for the photo shoots more than designing the final packaging: 'I guess the seeds were sown then for my next career.'

It was while she was trying to find stylish seating for her London flat that she

discovered a young Australian brand that had just the thing she was after. 'I found they had no representation in Europe, so I started a six-month research period into how to launch a brand into the UK,' says Nicky. She threw herself into a new career in distribution, adding more brands as she discovered them. However, she soon realised she missed some of the creativity of her previous career. 'Distribution is great and you really do learn the logistics of running a business, but ultimately they're not your products,' she says. 'So it seemed a logical step to launch a brand that I could tailor to the UK market, which is how Magpie and my other brand Jay came into being.'

Many of the early Magpie ranges were created working in collaboration with established artists, which is still a business model Nicky advocates today. 'I love working with other talented and creative people and collaboratively producing appropriate products,' she says. 'Now we get artists approaching us because they know we have a good code of ethics and because we look to engage in genuine collaborations: working



Magpie's popular Poochies collection is perfect for dog lovers



WHAT'S NEW FROM MAGPIE?

THE LATEST RANGES TO LOOK OUT FOR INCLUDE:

MODERN HOME Essentially an A-to-Z of mid-century design classics.

1st CLASS Postage stamp-style cat and dog designs from artist Charlotte Farmer.

WILDWOOD Folklore-inspired woodland animals by Sarah Young.

COSMOS A homage to the Soviet-era space race ephemera.

FOLIO Book-shaped storage tins inspired by outsized reference books.

TO GO? Reusable coffee-cups featuring guerrilla art from artist and calligrapher Rob Draper, produced by Magpie's sister brand Jay.

Looking ahead to 2016, Jay has a stunning new range coming out that should appeal to the nostalgic toy enthusiast, while Magpie will be launching a brand-new range featuring colourful patterns from textile legend Sarah Campbell.

Find out more or buy online at www.magpieline.com.



The Wildlife collection, a collaboration with Bristol-based artist Tom Frost

directly with the artists to commission new work in their unique style, and under their name. It can be a wonderful symbiosis.'

But although Nicky loves creative collaborations, she says she's particularly proud of Magpie's own Birdy range. 'It was designed and produced with our in-house artist, which marked Magpie's first truly autonomous collection,' she says. 'The best part of the job for me now has to be in seeing an idea taken through all the stages of design and development, through the manufacturing until it becomes an actual thing, ready to sell. The day the lorry pulls up at our warehouse and the pallets are unloaded and we cut open a box to see the final product, that's always such an exciting moment. It's like Christmas each time!'

Vegan values

Nicky is an ethical entrepreneur in other ways too, and her compassion for living creatures has meant she's been vegan for over a decade now. When she decided to launch her own

brand, she knew she wanted her products to be vegan-friendly.

'I became vegetarian in my very early 20s,' she says. 'I met my now husband at that time who was also a vegetarian, so it was quite easy for us as a couple. But for both of us there was always this niggling guilt that while we had taken a very important step, we'd stopped short of the logical and ethical terminus, mainly out of convenience. So, just over 10 years ago, we both acknowledged that vegetarianism wasn't enough and that maintaining a diet that included dairy and egg was still supporting an intolerably cruel industry. Yes, veganism is a lot less convenient, and it does require a greater sacrifice and commitment, but I've never regretted it for a second. My only regret is that I didn't make the change earlier.'

In the same way, launching a business with vegan values has presented greater challenges than a less ethical brand, as sourcing the right suppliers and materials has not always been easy. 'My veganism

'Every single mug we sell is a little victory because it means a small but cumulative drop in demand for animal-product-based china'



Four plates from Magpie's Beasties range designed by Carola Van Dyke



Sarah Young's Wildwood designs for Magpie

Coasters with a retro-vibe from Cosmos



Rob Draper's guerilla-art-inspired reusable coffee cup



pre-dated the brand, so I always knew it would be aligned to my personal ethics,' she says. 'Veganism is at the core of who I am; it's not some faddish fashion or lifestyle choice. It's unthinkable that I could compartmentalise my personal views on compassion for animals and not let them shape the ethics of the company.'

Cruelty-free ceramics

In fact, it was the struggle to find beautiful ceramics that were not made of bone china that sparked the idea behind Magpie in the first place. 'It's true that many people are unaware that bone china actually contains animal bone ash. Why would you even suspect that it would contain real bone?' she says. 'But once you do know, it's something as a vegan and an advocate of animal rights that you can no longer brush aside or ignore. So of course, when it came to manufacturing our own ceramics, we had to source a company that could manufacture for us in non-bone china.'

Despite her commitment to sourcing vegan-friendly ceramics, Nicky says it was quite a challenge. 'It wasn't as easy as it sounds to find the right manufacturer. Bone china is very robust when compared to non-bone ceramic or earthenware. It can be made much thinner and is therefore much lighter in weight. There's no denying that bone china

has those benefits. But then there's also no denying that the use of bone in china, even if it is a by-product, makes the exploitation of animals even more profitable and therefore supports and encourages the cruelty those animals are subjected to. Obviously the same rules apply to all our bags, which are made in faux leather and we specify the use of vegetable dyes in all our products. Manufacturing in bone china and leather would be easier and cheaper, but it simply isn't even up for consideration.'

While the company donates a percentage of its profits to Cats Protection and makes no secret of its commitment to animal welfare, it doesn't shout about its vegan credentials either. 'I think it's human nature to assume that if something is labelled as appealing to a niche market, then it's not intended for the broader market,' says Nicky. 'With Magpie, the aim of the game is to hide in plain sight. Our products are labelled as vegan but it's not so overt that a non-vegan would feel alienated or discouraged from buying. As far as I'm concerned, every single mug we sell is a little victory because it means a small but cumulative drop in demand for animal-product-based china and an increase in demand for cruelty-free china. For me, that's the end-game right there - lessening the need for suffering.'



The Coast collection features British seabirds by Sussex-based artist Mark Greco

INSIDE NICKY SLOAN'S VEGAN KITCHEN

'I love to cook. I never buy pre-prepared or packaged meals. As a vegan there isn't a huge choice in that department anyway. Pretty much everything we eat is cooked from scratch. On a weeknight I'll make roast vegetables, simple pastas, stir-fries, lasagnes, stews and mezze platters, but at the weekends I love to experiment and have been recently practising the art of making vegan cheese.'

'Having purchased a dehydrator, I make raw food dishes quite often. Flax crackers, cashew 'Parmesan' cheese and fruit leathers have been my current dehydrating successes. We've gone a bit "old school" since moving to the country and make our own jams and jellies, dried mushrooms, pickles and chutneys and every autumn we make some sloe gin to see us through those long winter nights. We started a vegetable plot a couple of years ago and love to see what we can manage to grow throughout the seasons.'

'If I have guests coming over, I might roll out the big guns: my amazing homemade seitan steaks, inspired by a visit to a vegan Japanese restaurant in Los Angeles called Shojin. It's a melt-in-your-mouth 'wheat meat' steak and I think it makes a big impression on those who mistakenly think that vegan meals lack the textures and protein of their meaty counterparts.'

'But to relax, I bake - cookies, sponge cakes, Bakewell tarts, bread - I veganise anything I can. I've made vegan 'Mars bars', marshmallows, and macarons - I love the challenge! I've also recently discovered the miracle that is aquafaba - it blows me away what you can make with the water from a can of chickpeas. It really has been a fantastic discovery, leading me to be able to make meringues, pavlovas and the fluffiest chocolate mousse... amazing!'

Delicious dinners to go!

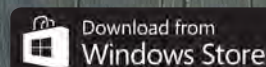
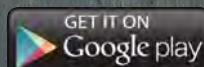
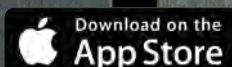
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PHOTOGRAPH: KRIS KIRKHAM

SPINACH
& FETA
PINWHEELS

PAGE 66

COOKING FOR A CROWD

Impress your family with John Torode's tasty Sunday lunch menu, or dazzle your dinner guests with global flavours from singer Kelis.

If you're hosting a family lunch this weekend, try one of *MasterChef* judge John Torode's beautiful centrepiece pastry dishes served with fresh pesto beans, rounded off with a warm and spicy cake, for a satisfying alternative to the traditional Sunday nut roast.



Sunday winner

Tomato and pesto tarts

These deep tarts are topped with the concentrated flavour of sweet tomatoes and the kick of a punchy pesto. Serve with peppery watercress. If you like, just make smaller individual ones as mini appetisers for your hungry hordes.

Makes 4 tarts | Prep 15 mins

Cook 25 mins

500g block puff pastry (all-butter, if possible)

plain flour, for dusting

1 free-range egg, beaten

2 tbsp pesto (see page 62 for homemade, or just use a jar)

8 plum tomatoes, sliced

salt and freshly ground black pepper

To serve:

100g watercress

10ml peppery olive oil

1 Preheat the oven to 220C/fan 200C/gas 7. Line a large baking sheet with baking paper.

2 On a lightly floured worktop, roll the puff pastry out until it is about 2cm thick. You will need to cut 4 circular discs from the pastry so you need to find a small plate or saucer that's about 16cm in diameter to use as a template. Place the plate over the pastry and run a sharp knife around the edge to cut out the discs.

3 Now you need to lightly score a margin about 1.5–2cm in from the edge of the pastry discs, so find a smaller plate or bowl that you can use as a template. Place the smaller plate in the centre of each pastry disc and lightly run a sharp knife around the edge, being careful not to cut all the way through. Lift the discs on to the baking sheet and brush with the beaten egg. With a fork, prick the inner circle but not the outer edge – this will stop the pastry from rising in the middle but will allow the outer edge of the tart to rise up.

4 Take a good amount of the pesto and spread it over the inner circle of each tart. Place the tops and bottoms of the tomatoes in the centre of the tarts, then start to lay the slices on

top of the pesto so they overlap and create a swirl effect. Season with salt and pepper.

5 Place the tarts in the oven and bake for 20–25 minutes, until well risen and coloured. Mix the watercress with the olive oil and serve with the tarts.

■ PER TART 647 cals, fat 46.5g, sat fat 15.5g, carbs 49g, sugars 6g, protein 9.5g, salt 2.2g, fibre 5g

JOHN SAYS... Cut out pastry discs, stack them between layers of cling film and keep them in the freezer – ready in case of an emergency! Just take them out of the freezer 10 minutes before you want to cook them, then make the tarts and bake as above.

Leek and mushroom pithivier

Creamed leeks are one of my favourite roast dinner sides and are the inspiration behind this pithivier, which is a smart French pie decorated with a Catherine wheel pattern of markings on top. Please let the filling cool down before you build the pie to guarantee the pastry is crispy and flaky. It can be made in advance then kept in the fridge for a couple of days until you are ready to bake it.

**Serves 10 | Prep 20 mins + cooling
Cook 1 hr 15 mins**

125g unsalted butter, plus extra for greasing

6 leeks, green parts discarded, the rest washed and chopped

PHOTOGRAPHY: YUKI SUGIURA



TOMATO AND PESTO TARTS

LEEK AND
MUSHROOM
PITHIVIER



150ml crème fraîche
 200g button mushrooms, sliced
 plain flour, for dusting
 500g block puff pastry (all-butter, if possible)
 200g vegetarian Gruyère, cut into chunks
 egg glaze (1 free-range egg yolk beaten with 1 tsp water)
 salt and freshly ground black pepper

1 Melt 25g of the butter in a heavy-based pan over a medium heat. Add the leeks and cook, stirring frequently, for about 2 minutes. Add another 40g of butter and 3 tablespoons of water, cover with a lid, reduce the heat to low and cook the leeks, stirring occasionally, for 20 minutes, or until tender. Uncover the pan and continue to cook for 5–7 minutes, until all the moisture has evaporated. Transfer to a large bowl and leave to cool.

2 When cool, add the crème fraîche and place in the fridge until cold.

3 Melt the remaining butter in a frying pan over a high heat. Add the mushrooms and cook, tossing frequently, for about 5 minutes, until they are lightly browned. Season to taste. Add the mushrooms to the leeks and stir gently so that the pieces of leek keep their shape.

4 Preheat the oven to 200C/fan 180C/gas 6. Grease a sheet of greaseproof paper.

5 On a lightly floured worktop, roll out one half of the pastry into a 25cm round. Slide the pastry on to the greased paper and place on a baking sheet. Leaving a 2.5cm margin all around the edge, spread half the leek mixture over the pastry. Put the Gruyère in the centre then top with the rest of the leek mixture. The cheese will melt in the middle as it cooks.

6 Roll out the remaining pastry into a 33cm round. This will be the pie lid so it needs to be slightly larger than the first round. Brush the pastry margin around the leeks with some of the egg glaze. Place the pastry lid over the top and use the back of a fork to crimp around the edge to seal the pie. Trim away any excess pastry. Brush the pie with the remaining glaze, then roll the back of a knife over the top of the pastry to score it with curved lines.

7 Place the pie in the oven on the lowest oven shelf and bake for 15 minutes, then turn the oven down to 180C/fan 160C/gas 4 and bake for a further 30 minutes, until golden brown and crisp.

8 Take the pie out of the oven and leave to sit for about 10 minutes before you cut it up and eat it.

■ PER SERVING 472 cals, fat 38.5g, sat fat 20g, carbs 20.5g, sugars 3g, protein 9.5g, salt 1.6g, fibre 4



Pesto and pods 🍴

My respect for frozen peas and pods is well documented – little beats the ease of opening a bag of frozen peas, broad beans and soya beans. It's not cheating, it's just sensible storecupboard shopping. Yes, you can buy pesto, but I love to make my own as the fresh sauce is lush. It's also just really easy – I make mine in a mortar and pestle so you don't need any fancy equipment, and if you need another reason – it freezes really well, so you'll have it in store to accompany those bags of frozen pods.

Serves 8 | Prep 15 mins | Cook 2 mins

For the pesto:

200g basil, leaves picked
 50g pine nuts, toasted
 2 cloves garlic, peeled
 200g flat-leaf parsley, leaves picked
 150ml olive oil
 juice of ½ lemon
 100g vegetarian Parmesan-style cheese, grated
 salt and freshly ground black pepper

For the pods:

200g frozen peas
 100g frozen broad beans

100g sugar snap peas
 100g mangetout
 100g runner beans, trimmed and cut in half lengthways
 100g frozen soya beans
 2 spring onions, sliced

1 In a mortar, put a few basil leaves and sprinkle over some of the pine nuts. Pound. When this has reduced in size, add as much of the basil leaves as will fit, some more pine nuts and the garlic and pound again. When all the basil has been pounded, add the parsley and do the same until it has reduced right down.

2 Now add the oil, then the lemon juice, then the cheese, pounding after each addition. Bit by bit the pesto will come together. Season well.

3 Bring a large pot of water to the boil, drop in all the vegetables and simmer for 4 minutes, or until tender but still crunchy. Drain and leave for 2 minutes and then mix with 2 tablespoons of the pesto.

COOK'S TIP Any pesto you don't use can be frozen, or kept in the fridge for a few days.

■ PER SERVING 343 cals, fat 28g, sat fat 5.5g, carbs 8g, sugars 3g, protein 11.5g, salt 1.5g, fibre 7g

JOHN SAYS... You can also use a food processor to make the pesto. Put everything except the olive oil and lemon juice in the bowl and pulse it until it's rough, then add the lemon and oil, and pulse again to make a smooth paste.

Pistachio and cardamom cake

I find the scent of cardamom romantic and evocative, and the aroma as it cooks always makes me feel like I am making something really special and generous. This cake is just that: generous, soft, soggy, sweet and heady with spice. It tastes good when it has been allowed to cool, but when eaten hot it is a beauty and may even involve you in a promise.

Serves 8 | Prep 20 mins | Cook 30 mins

115g self-raising flour
1 tsp baking powder
115g golden caster sugar
2 tsp cardamom powder
1 tsp ground cinnamon
115g butter, plus extra for greasing
2 free-range eggs
1 tsp rose water
1 tsp vanilla extract
150ml soured cream
75g pistachio nuts, chopped
25g walnuts, chopped

For the whipped cream:
70g double cream
3 tsp vanilla extract
1 tsp orange blossom water
(be careful: different brands, different strengths)
3 tsp caster sugar

1 Preheat the oven to 170C/fan 150C/gas 3. Grease a 23cm cake tin.

2 Sift the flour, baking powder and half the sugar into a large bowl. Add the cardamom and cinnamon and mix well.

3 Use an electric whisk to beat the butter with the remaining sugar until white, break an egg into the mixture and beat well, then do the same with the other egg. Fold in the flour mixture and then add the rose water, vanilla extract, soured cream and chopped nuts and beat until fluffy.

4 Pour the mixture into the tin. Cover with kitchen foil and bake for 25 minutes. Take the foil off and

bake for a further 5 minutes or until a skewer inserted into the centre of the cake comes out clean. Take it out of the oven, leave it in the tin for 5 minutes to cool a little, then turn it out on to a wire rack to cool.

5 Put the cream, vanilla extract, orange blossom water and caster sugar in a small bowl and whip it until thick and peaky. Serve the cake with big dollops of cream.

■ PER SERVING 396 cals, fat 26.5g, sat fat 14g, carbs 36g, sugars 24.5g, protein 5.5g, salt 0.6g, fibre 1.5g

JOHN SAYS... Go posh: scatter with rose petals and chopped nuts to serve, and drizzle the cream with lavender honey.



Recipes adapted from *My Kind of Food* by John Torode (Headline, £25). Photography by Yuki Sugiura.



PISTACHIO AND CARDAMOM CAKE



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Sing for your supper

American singer and Le Cordon Bleu-trained chef Kelis has travelled the world for her career in the music industry. Here she shares some of the globally inspired recipes she's picked up along the way.

Spinach and feta pinwheels

These are great for dinner parties. I like to serve them with some wine while I make the finishing touches to the rest of the meal.

**Makes 16 pinwheels | Prep 25 mins
Cook 20 mins**

2½ tbsp olive oil
½ yellow onion, finely chopped
1¾ tsp sea salt
5 cloves garlic, very finely chopped
180g loosely packed fresh spinach leaves
1 tbsp balsamic vinegar
1 medium free-range egg
1 tsp black pepper
75g vegetarian feta cheese, crumbled
plain flour, for dusting
450g (about 20 sheets) filo pastry, defrosted if frozen
115g unsalted butter, melted
1 medium free-range egg beaten with 1 tbsp water, for the egg wash

1 Heat the oil in a medium saucepan on a medium-low heat. Add the chopped onion, sprinkle with ¾ teaspoon of the salt and cook gently, stirring often, for about 10 minutes until the onions are tender and translucent.

2 Toss in the garlic and cook for 1 minute, stirring constantly so that it doesn't burn. Add the spinach and vinegar, season with ½ teaspoon of

the remaining salt and cook for about 2 minutes until the spinach is wilted, folding it as it wilts. Drain the spinach mixture through a colander and push on it gently with the back of a spoon to strain out the excess water. Set aside to cool to room temperature.

3 Whisk the egg, pepper and the remaining ½ teaspoon of salt in a large bowl. Add the spinach mixture and stir to combine. Gently fold in the feta.

4 Position an oven shelf in the centre and preheat the oven to 180C/fan 160C/gas 4.

5 Dust a flat work surface lightly with flour and lay down one sheet of filo. Brush the filo with some of the melted butter and lay another sheet on top of it. Brush with more butter and continue until you have stacked half of the sheets (about 10) of pastry; do not brush the top of the sheet with butter.

6 Using a bench scraper and pastry wheel cutter or knife, cut the stacked filo into 5cm squares. Working with one square of filo at a time, make a 2cm cut at a 45-degree angle to each of the four corners. Spoon a heaped tablespoon of the spinach filling in the centre of each square of filo. Fold every other corner inwards, creating a pinwheel shape. Brush the dough with the egg wash and place the pinwheel on an ungreased baking tray.

7 Repeat with the remaining squares of filo, then repeat again with the remaining sheets of filo pastry.

8 Bake the pinwheels on the centre

SPINACH AND FETA PINWHEELS



shelf for 5–7 minutes until they are golden brown.

■ PER PASTRY 166 cals, fat 10g, sat fat 5.5g, carbs 14.5g, sugars 1g, protein 4.5g, salt 1g, fibre 1.5g

ABOUT KELIS

Singer-songwriter Kelis is also a trained chef and graduate of Le Cordon Bleu cookery school, and has worked in LA restaurants Canelé and Ritual Supper Club. With a half Chinese, half Puerto Rican mother, and an African-American father, combined with influences from her world travels, her adventurous cooking style is a melting pot of world cuisine.



PHOTOGRAPHY BY DAVID LOFTUS



KALE SALAD
WITH GUAVA
VINAIGRETTE

Kale salad with guava vinaigrette

Kale this, kale that – kale is everywhere. I don't want to eat something just because it's good for me; it has to taste good, too. The crispiness of the kale with the sweet graininess of the guava is the perfect match.

Serves 4 | Prep 10 mins

For the vinaigrette:

60ml grapeseed oil or extra-virgin olive oil
60ml puréed fresh or canned guava or mango (see cook's tip)

2 tbsp white wine vinegar or champagne vinegar

2 tbsp very finely chopped shallot
(about 1 small shallot)

1 tsp Dijon mustard

¼ tsp sea salt

¼ tsp black pepper

⅛ tsp ground cumin

⅛ tsp cayenne pepper

For the salad:

1 bunch of cavolo nero (aka black or Tuscan kale), leaves stacked, rolled and thinly sliced

½ medium heirloom tomato, diced

6 medium ready-to-eat dried apricots
about 14 caramelised pecan halves

¼ small red onion, thinly sliced

1 To make the vinaigrette, whisk together all of the ingredients in a small bowl.

2 In a large bowl, combine the kale, tomato, apricots, pecans and red onion slices. Drizzle with about 6 tablespoons of the vinaigrette and toss to combine, making sure you coat all of the salad ingredients with the vinaigrette. Add more dressing to taste, if you choose. Leftover vinaigrette can be stored in the fridge in an airtight container for several days.

COOK'S TIP You can often find frozen guava purée sold in bags in grocery stores. If you can't locate it, use mango purée. And if you can't find that, buy frozen cubes of mango and purée them in a blender.

■ PER SERVING 281 cals, fat 23g, sat fat 3g, carbs 14.5g, sugars 13.5g, protein 3g, salt 0.6g, fibre 4.5g

Vegetable buckle

I was performing and doing the New Year's Eve countdown in Kraków, Poland – it was hilarious and nerve-wracking. An hour before the performance, the producers told me that I had to say 'Happy New Year' and do the countdown in Polish. I had no time to practise, and there I was in front of 140,000 people, standing next to the president of Poland. I managed to get the words out. The next day, with my nerves intact, I had my first

savoury pancake, which inspired this American-style 'buckle'.

Serves 10 | Prep 20 mins | Cook 1 hr

For the vegetables:

3 tbsp olive oil
175g baby potatoes, cut into 5mm-thick slices
2½ tsp sea salt
⅛ tsp cayenne pepper
1 tsp dried thyme
1 carrot, cut into 5mm-thick slices
1 large yellow onion and 35g shallots, chopped
3 cloves garlic, very finely chopped
1 large courgette, diced
1 pasilla chilli (a medium-hot dried chilli pepper), deseeded and diced
½ red and ½ green pepper, deseeded and diced
1 small head of broccoli, cut into small florets
½ bunch of asparagus, tough ends trimmed, cut into 2.5cm pieces on the bias
240ml vegetable stock
1 bunch of kale, de-stemmed and chopped
leaves from 3 sprigs of fresh thyme

For the batter:

125g plain flour
1½ tsp chopped fresh rosemary
1 tsp baking powder
½ tsp each black pepper and sea salt
300ml full-fat milk
115g unsalted butter for the baking tin
85g vegetarian Gruyère cheese, grated

1 Position an oven shelf in the centre and preheat the oven to 180C/ fan 160C/gas 4.

2 To make the vegetables, heat 2 tablespoons of the oil in a large frying pan over a medium-high heat. Add the potatoes, season with 1 teaspoon of the salt, the cayenne and dried thyme, reducing the heat a little, and sauté for about 5 minutes until the potatoes start to brown. Add the carrot and cook for 5 minutes until it is softened and the potatoes are cooked through. Remove the potatoes and carrots and set aside.

3 Drizzle the remaining tablespoon of oil into the pan over a medium-high heat. Add the onion, season with ½ teaspoon salt and sauté for 5–7 minutes until tender and translucent. Sprinkle in the shallots and garlic and sauté for 1–2 minutes



VEGETABLE
BUCKLE

until the garlic is fragrant, stirring constantly so that it doesn't brown. Stir in the courgette, chilli, peppers, broccoli, asparagus and remaining 1 teaspoon of salt and sauté for about 5 minutes to soften the vegetables.

4 Add the stock, kale and fresh thyme and bring to a simmer. Reduce the heat and simmer for about 5 minutes, or until the stock is thick enough to coat the back of a spoon. Turn off the heat.

5 Using a slotted spoon, transfer 2 breakfast cupfuls of the sautéed vegetables to a bowl and set aside. Leave the vegetables remaining in the pan to cool slightly, then purée them with the stock left in the pan using a hand blender to make a gravy.

6 To make the batter, in a large bowl, mix together the flour, rosemary, baking powder, pepper and salt until thoroughly combined. Whisk in the milk.

7 Put the butter in a large (23 x 33cm or 23cm round) baking tin. Put the tin in the oven for about 3 minutes to melt the butter. Remove the pan from the oven. Pour the batter into the centre of the tin and allow it to spread out naturally to cover the base of the tin. Spoon the vegetable mixture into different places on the batter so that there is some batter visible in between clumps of vegetables.

8 Bake on the centre shelf for 15–20 minutes until the batter is set and starts to brown. Remove the buckle from the oven and sprinkle the cheese over the top. Bake for a further 8–10 minutes until the cheese is melted and crisp in places. Serve with the vegetable gravy.

■ PER SERVING 271 cals, fat 18g, sat fat 9.5g, carbs 19g, sugars 6g, protein 8g, salt 2.4g, fibre 4g

Cappuccino cheesecake with gingernut base and dulce de leche topping

I make a lot of cheesecakes, but this is by far the most popular. I smear dulce de leche over the top and decorate the edges with chocolate chips. It's so rich and delicious! Latinos make dulce de leche by simmering a can of sweetened condensed milk for 3 hours. Nothing works better, and it couldn't be easier.

Serves 10 | Prep 30 mins + chilling
Cook 1 hr 40 mins

For the base:
75g unsalted butter, melted, plus more cold butter for greasing the tin
250g chocolate or gingernut biscuit crumbs
100–175g granulated sugar (depending on desired sweetness)

For the filling:
500g cream cheese, softened at room temperature
450g mascarpone cheese, softened at room temperature
250g caster sugar
3 medium free-range eggs
60ml brewed espresso, cooled to room temperature
2 heaped tbsp plain flour
1 vanilla pod

For the topping:
400g can sweetened condensed milk, label removed
90g dark chocolate chips (45–60% cocoa)
sea salt flakes, for sprinkling

1 To make the base, position a shelf in the centre of the oven and preheat to 180C/fan 160C/gas 4. Grease the inside of a 20 or 23cm springform cake tin. Wrap the outside of the pan with foil (this keeps water from leaking into the cheesecake when you bake it in a bain-marie).

2 Stir the biscuit crumbs, melted butter and sugar together in a medium bowl to combine. Press the crumb mixture to cover the base and up the sides of the prepared tin. Bake for 10 minutes and set aside to cool.

3 To make the filling, combine the cream cheese, mascarpone and sugar in the bowl of a stand mixer fitted with the whisk attachment. Cream on a medium-high speed until the mixture is light and fluffy and no lumps remain, stopping to scrape down the sides of the bowl with a rubber spatula every 2–3 minutes.

4 Add the eggs one at a time, mixing on a medium speed after each addition until they are incorporated. Add the espresso and flour and mix on a medium speed to combine. Split the vanilla pod down the middle with a paring knife and scrape the seeds into the bowl. Mix on a medium speed until all of the ingredients are blended.

5 Put the springform tin in a baking dish and pour water 2.5cm up the sides of the tin. Pour the filling mixture on to the pre-baked base, smooth



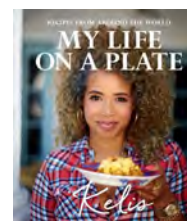
the top and bake for 80–90 minutes, until a skewer inserted into the centre comes out clean. (It will jiggle when you shake the tin; it sets as it cools.) Set aside in the bain-marie to cool to room temperature. Remove from the bain-marie, discard the foil and refrigerate for at least 3 hours.

6 Meanwhile, put the unopened can of condensed milk in a saucepan of water. Boil the can for 3 hours, making sure the can is submerged at all times. Remove the can and set it aside to allow the dulce de leche to cool for about 10 minutes in the can. It should be room temperature when added to the cheesecake.

7 When ready to serve, run a knife around the edges of the springform tin to loosen the cheesecake crust from the sides. Unlatch the tin and carefully remove the sides. Spread half of the dulce de leche over the top, sprinkle the chocolate chips around the edges and sprinkle with sea salt. Slice and serve chilled.

■ PER SERVING 974 cals, fat 64.5g, sat fat 39g, carbs 93.5g, sugars 77.5g, protein 11g, salt 1.5g, fibre 0.5g

KELIS SAYS... After scraping out the seeds, I put the vanilla pod in a bowl of sugar to make vanilla sugar. Or – a trick from the older ladies in the Dominican Republic – I put the scraped pods in a pot of water and simmer for the best air freshener ever!



Recipes adapted from *My Life on a Plate* by Kelis (Kyle Books, £19.99). Photography by David Loftus.

The aroma of roasting chestnuts on a chilly evening is a seasonal treat, but chestnuts are a surprisingly versatile ingredient, used in everything from gluten-free flour for baking to a rich, nutty addition for an autumnal pie, discovers Sarah Beattie.

Sweet little chestnuts



Shuffling through the fallen leaves along the forest paths near my home in southwest France, the sharp-eyed woodland walker can find treasure, if the *sanglier* (wild boar) haven't got there first. In the UK, too, there are woods and commons where sweet chestnuts grow, providing a free harvest for the eager forager. It's easy to distinguish sweet, edible chestnuts from the horse chestnuts or conkers that we gathered as children. The sweet chestnut is pointy on top and there are two or three inside each hedgehog-like 'fruit'. You need a sturdy pair of gloves to handle them, as spiny prickles on the exterior protect the dark brown nuts.

Chestnuts are more farinaceous (floury) than other nuts. Instead of being ground for oil, like almonds, hazel and walnuts, chestnuts are dried and ground into flour. This flour with its distinctive flavour is used in breads, cakes, biscuits and pastries, particularly in southern France and Italy. It's gluten-free, so very useful for coeliacs. Purchase flour in small amounts as it can easily spoil, and keep the sealed bag in the fridge after opening.

In Corsica, France's rugged Mediterranean island *department*, chestnuts are used as an everyday staple, as the land is not suitable for growing grains. Even their polenta is made with ground chestnuts: its darker,

savoury flavour goes well with grilled or fried wild mushrooms and garlic.

Chestnuts can also be light and sweet: cooked, puréed and beaten with vanilla syrup to an airy texture that's mounded and covered in cream in the French/Italian dessert, Mont Blanc/Montebianco. You can buy ready-prepared sweetened chestnut purée in tins or jars. It makes a great standby for quick impressive puddings and for sandwiching a sponge cake (with or without the addition of melted chocolate, dark or white), or just for spreading over hot buttered toast.

To peel fresh chestnuts, nick the hard brown outer skin with a knife and either put them in the oven, into a pan of boiling water or in a chestnut roaster over an open fire. Roast chestnut sellers at winter markets normally cook theirs over charcoal embers. As they begin to cook, the starch in them expands, breaking the outer skin (if you don't pierce the outer skin, they can explode, making a nasty mess all over the oven or jumping out of the fire). When the skin breaks, allow them to cool before peeling them. It's fiddly and time-consuming, so you may prefer to buy jars, tins or vacuum packs of ready-peeled chestnuts – you can even buy ones with the smoky taste of having

been roasted in a wood-fired oven. Dried peeled chestnuts are also available and they're wonderful in slow-cooked dishes like braised red cabbage.

This month's recipe is a generous pie packed full of autumnal flavours. You can prepare the filling ahead of time – the night before, perhaps – and then you just need to pop it in the crust and bake it. This means that with a pudding you've prepared the night before, an after-work stress-free dinner with friends is a doddle.

SARAH BEATTIE

is the author of seven cookbooks and a *Vegetarian Living* regular. She has been vegetarian since she was 17 and revels in the pleasure of good food through the alchemy of cooking. She has appeared on *BBC Food & Drink*, *This Morning* and *Woman's Hour* and has been shortlisted for the prestigious Guild of Food Writers Cookery Journalist of the Year award in 2013 and 2015.



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PHOTOGRAPHY © SARAH BEATTIE 2015

Roasted chestnut and vegetable pie

Serves 8

Prep 20 mins (longer if using fresh chestnuts)

Cook 1 hr 5 mins

500g fresh chestnuts, or 250g peeled weight
tinned or vacuum-packed chestnuts
250g shallots, trimmed and quartered if large
4 cloves garlic, quartered
1.25kg seasonal veg, peeled and cut
into large chunks (I used a quarter of a
potimarron squash, a large yellow courgette,
chestnut mushrooms, a small aubergine,
a bulb of fennel and a couple of figs)
6–8 tbs oil
a few sprigs of sage, thyme and rosemary
salt and pepper
475g puff pastry
200ml wine (I used a sweetish white wine)
1 free-range egg, to glaze (optional)

1 Preheat the oven to 200C/fan 180C/gas 6.

2 If using fresh chestnuts, score by making a shallow cut around the skin and place them on a baking sheet in the oven, covered with a roasting tin (that way, if one explodes, the mess is contained). Cook for about 15 minutes, until the skins split. Remove and peel when cool enough to handle. Alternatively, use ready-peeled chestnuts in jars or vacuum-packed.

3 Divide the prepared vegetables, including the shallots and garlic, between two large roasting tins. Drizzle over the oil and toss together. Sprinkle the herbs on top and season with salt and pepper. Roast in the oven for about 20 minutes, until softened and browned.

4 Meanwhile, divide the pastry in two and roll out thinly to give a base and top for a 30cm pie dish. Stand the dish on a heavy baking sheet and line with the pastry base. Save any trimmings to decorate the pie.

5 Remove the cooked vegetables from the roasting tins using a slotted spoon and arrange in the pie dish, adding most of the peeled chestnuts as you go (reserve a handful – it can be the ones that have broken). Scrape all the pan juices from one roasting tin into the other. Swill the emptied one with the wine, then pour it over the pan juices. Mash the reserved chestnuts into the mixture, then pour the whole lot over the vegetables in the pie shell.

6 Cover with the remaining lid of pastry, pressing and crimping the edges to seal.



ROASTED CHESTNUT AND VEGETABLE PIE

'A generous pie packed full of autumnal flavours'

Decorate with the trimmings. If liked, brush the top with the egg yolk or white to glaze.

7 Bake in the oven for 30 minutes, until crisp and browned. Remove and leave in a warm place for 5 minutes, to settle before serving.

■ PER SERVING 582 cals, fat 31g, sat fat 8g,

carbs 49.5g, sugars 9.5g, protein 7.5g, salt 1.8g, fibre 8g

govegan

V Double-check your puff pastry of choice is vegan. If wishing to glaze, brush with a splash of non-dairy milk.

More ideas... with chestnuts

A RICH SOUP If your cheap red wine seems a little too sharp to drink, add it to slowly braised onions, mushrooms, celery and chestnuts and then blitz for a perfect autumn soup. Add robust herbs like sage and rosemary, as they are natural partners for chestnut flavours.

FRUITY PARTNERS Prunes, dates or pomegranate molasses added to casseroles with chestnuts give a lovely depth and richness.

STORECUPBOARD STAR You can also buy unsweetened chestnut purée – it makes a good base for soups, sauces and stews.



Buy Sarah Beattie's latest book

Vegetarian Living's popular food writer Sarah Beattie has created a mouth-watering collection of over 150 exciting recipes using seasonal ingredients, with inspiration for everything from easy midweek meals to lavish dishes for gatherings and special occasions, plus a range of tempting cakes and desserts.

Make the most of this season's root veg with these delicious parsnip bhajis, served with cooling mint raita. The perfect starter for an Indian feast or a quick snack, this is just a taste of the delicious recipes on offer in *Meat-free Any Day*.

Follow Sarah on Twitter @sarahbeattiegra

Parsnip bhajis with mint raita

Crisp bhajis make a great start to an Indian meal. You'll find gram flour in delis, Middle Eastern or Asian shops, wholefood stores and even supermarkets. Once you have it, you'll find it's really useful. You can use it for eggless pancakes, flatbreads and many other things too.

Serves 6 | Prep 10 mins | Cook 10 mins

1 medium parsnip, peeled
1 small onion, thinly sliced
1 green chilli, deseeded and very finely chopped
2 tsp cumin seeds
1 tsp coriander seeds
6 black peppercorns
½ tsp mustard seeds
½ tsp salt
125g gram flour
½ tsp turmeric
120ml water
vegetable oil, for frying

For the raita:
125ml yogurt
2 tbsp chopped mint
salt and pepper



1 Parboil the parsnip for 5 minutes. Cool, then coarsely grate into a bowl. Add the onion and chilli.

2 Crush the cumin, coriander, black pepper, mustard seeds and salt in a mortar and pestle. Sprinkle over the parsnip mixture, and add the gram flour and turmeric. Mix well, then slowly add the water, using just enough to make a soft dough – it might not need all of it. If you've added too much, add a bit more flour.

3 Heat the oil in a deep-fat fryer or wok. Fry spoonfuls of the mixture until crisp and golden. Drain on kitchen towel.

4 To make the raita, combine the yogurt, mint, salt and pepper in a blender and whizz until smooth. Serve the bhajis with the raita and some chutney.

COOK'S TIP Use sparkling water in the mixture to make the bhajis lighter.

Recipe taken from *Meat-free Any Day* by Sarah Beattie (Select Publisher Services, £14.99).



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PHOTOGRAPH: CLIVE CHILVERS



Lord Mayor Olwen Foggin and Canon Victoria Thurtell promote the Exeter Pound

Pennies FROM Devon

As a new currency is launched in a UK city, Wendy Johnson investigates how independent businesses hope the Exeter Pound will keep more cash in the community and promote a more sustainable local economy.

A decade ago, Exeter in Devon was named the UK's number one 'clone town', accused of a bland, uniform high street that favoured large chain stores over independent retailers.

Ten years on, you'll find a city enthusiastically reasserting its individuality and diversity, with areas like The Quay, Gandy Street, Magdalen Road and Fore Street renowned for their thriving independents. A new local currency – the Exeter Pound – aims to give independent traders a further boost, and spending these alternative notes has become a polite but effective form of activism.

'It's an invitation to deviate away from big high street chains,' says Pria Rai of the Exeter Pound team. 'This is a complementary currency, so it works alongside sterling rather than replacing

it, but by spending Exeter Pounds shoppers are making a conscious choice about where they want their hard-earned money to end up. They're backing local, independent traders and a greener, more self-sustaining economy.'

The Exeter Pound team says that for every pound sterling spent in the city, only 35p is reinvested locally. However, Exeter Pounds stay in the city and the 'multiplier effect' – suppliers, employees and customers circulating the currency amongst each other – means that £1.73 will be generated for every £1 spent.

The food chain

Shoppers can buy the pounds at exchange points and spend them at more than a hundred signed-up businesses. But it's the growers, producers and traders within the local

CURRENCY PHOTOGRAPH: VISION ICT





Emma's Bread is part of a 'food chain' where local traders support each other

food scene that best demonstrate the holistic benefits of the new currency.

'Exeter Pound shoppers will be more exposed to locally grown produce, giving them the chance to eat seasonally and reduce food miles,' continues Pria. 'It's a great way of linking independent producers, traders and shoppers together. For instance, Shillingford Organics supplies The Real Food Store where Emma's Bread is based. Emma then supplies her baked goods to outlets like Seasons vegan shop and Caffè Espresso. That means when a customer chooses a brownie with their coffee in Caffè Espresso, they're actually supporting every link in that chain and helping it grow stronger.'

Since food shopping is a regular weekly activity – even daily for some

– the Exeter Pound team believes retailers like Eat Your Greens, The Real Food Store and Seasons, along with traders at the city's Thursday farmers' market, will help introduce the currency into locals' day-to-day lives. Chris Bellairs, manager at Seasons, has signed the business up. 'We've already had customers telling us they plan to do their entire shop using only Exeter Pounds,' he says. 'As the pounds come in, we'll be looking to spend them with other local suppliers that are on board, so it will influence our buying habits as a business.'

A new way to shop

But are Exeter shoppers ready to adopt new buying habits? After all, switching currency is not simply about proffering a different note at the till. It requires a core attitude change.

'When people become Exeter Pound traders or shoppers, we believe it's because



CURRENCY PHOTOGRAPH: VISION ICT

'The Exeter Pound is a great way of linking independent producers, traders and shoppers'



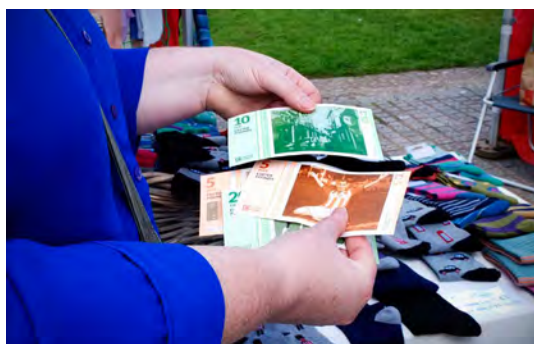
PHOTOGRAPH: PRIA RAI



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PHOTOGRAPH: PRIA RAI

they understand the need to keep their money local. Just by making that decision they're more open to thinking about where their goods come from,' says Pria. 'There's often a misperception that shopping independently costs more, when actually it provides a huge opportunity to save money. Customers are sourcing products more directly and eating food when it's in season, so the prices reflect that. For instance, Eat Your Greens were selling punnets of blueberries for just 99p in August. It was great quality fruit, but modestly priced because it was in season. Big supermarkets have

done such a good job of convincing us that food should always be cheap and available, but if we adopt a more natural cycle of eating then prices are fair and quality is improved.'

The Exeter Pound team hopes to sign up more traders in the coming months and will be launching a digital version of the currency in 2016. Paying by text from an online account will be another leap for Exeter shoppers to take, but you know what they say, in for a penny...

● Find out more about buying and spending Exeter Pounds at www.exeterpound.org.uk.

Sound as a pound

The Totnes Pound launched in 2007 and paved the way for Brixton, Lewes, Bristol and now Exeter, who have all successfully introduced their own local currencies. Cardiff, Liverpool and Plymouth are among the cities proposing similar schemes in the future, but not all local currencies have been so readily embraced. The Gloucestershire town of Stroud began experimenting with a Stroud Pound in 2009, but it has gradually fallen out of circulation. However, talk of reinvigorating the scheme suggests it may be given a second chance to work its way into people's hearts and wallets.



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SOMETHING FOR EVERYONE

Make food more fun, with recipes that little chefs can make themselves, plus delicious dishes for friends and family to share.



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AUBERGINE
BAKE

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Home cooking with Chava

Laughter is the best medicine, so make more time for fun with friends, with family-friendly dishes that are perfect for sharing.



When was the last time you had a really good laugh? You know, the side-splitting kind, that makes your belly hurt and tears stream down your face?

At a festival this summer, I took my two boys along to try a workshop of 'laughter yoga'. If you've never done this, I can heartily recommend it – just writing about it has me grinning again! The most astonishing thing I learnt wasn't actually how to laugh, but this pair of statistics: while young children might have a good giggle 300–500 times a day, we – the mature, sensible adults – manage a measly 15–20 times. I wonder what happens to our sense of fun, adventure and silliness as we grow up?

Research shows that laughter is vital for stress relief, health and our general sense of wellbeing. And, bizarrely, our body doesn't seem to distinguish very much between a full-blown belly-chuckle that leaves us gasping for air or a seemingly fake laugh of, say, embarrassment. Either way, we set endorphins going and help our body to relax, heal and release tension. With two young children in the house I really notice how often their uncontrollable giggles set me off giggling too. As tough or stressful as it might be to raise a family, this is one 'payback' that we can never appreciate enough.

Just last week there were 12 of us sitting around our friend Liz's kitchen table to celebrate her beautiful new home. Everybody had brought a dish to share and there was laughter and banter and a whole lot of happiness. And I thought what a perfect way that was to set out on a new chapter in her life.

So, rather than waiting until the new year, maybe we should all make some good resolutions right now. Let's spend more of our time sharing food and laughter with the people that matter the most in our lives. And there's absolutely no need to be heroically stressed about all the food preparations either, when you opt for this month's recipes designed for a 'bring and share' party – whether you're planning a bonfire night gathering or any other excuse for a bit of fun and mischief.



OVEN-ROASTED TAGINE WITH GNOCCHI



Oven-roasted tagine with gnocchi

After chopping and stirring for a bit, this tagine will sit happily in the oven while you get on with other jobs (or a glass of wine). As the dish roasts, the natural sweetness of the root vegetables helps to turn this into a delicious feast. Feel free to choose your favourite veggies – maybe swap the swede for parsnip or add a few Brussels sprouts.

Serves 4 | Prep 15 mins | Cook 1 hr


2 tbsp olive oil
1 onion, chopped
2 leeks, cut into 5mm slices
125g carrots, sliced
½ swede (350–400g), diced
2 sticks of celery, sliced
1 heaped tsp each of ground cumin, ground coriander and paprika
1 level tsp cinnamon
½ tsp ground cardamom
1 tsp fresh ginger, finely chopped
2 cloves garlic, crushed
300ml vegetable stock
400g can chopped tomatoes
½ tsp sugar
salt, to taste

1 packet of gnocchi
handful of chopped fresh coriander
rocket leaves, to serve

- 1** Preheat the oven to 190C/fan 170C/gas 5.
- 2** Heat the oil and sauté the onion until softened. Add the leek, carrot, swede and celery. Stir in all the ground spices, finely chopped ginger and crushed garlic. Pour in the stock, chopped tomatoes and sugar and stir well. Cover the pan and simmer for about 15 minutes, until the swede softens.
- 3** Season to taste and transfer to an ovenproof roasting dish. Roast in the oven for 45–50 minutes, gently stirring once or twice.
- 4** Just before the tagine is finished, cook the gnocchi in salted water until they rise to the top of the pan.
- 5** Combine the gnocchi and tagine with the chopped coriander, then serve topped with rocket.

■ PER SERVING 247 cals, fat 8g, sat fat 1g, carbs 36.5g, sugars 15g, protein 7g, salt 1.5g, fibre 8g

freeze

 You can freeze the tagine on its own, without the gnocchi.

Pad Thai

Tamarind makes a great, tangy addition to veggie curries, so there's no need to leave it unloved at the back of your fridge – and it's now easily available from the larger supermarkets too. Remember the secret to a successful stir-fry is to start by preparing all your ingredients first, so you can quickly bring the dish together at the end.

Serves 4

Prep 20 mins | Cook 10 mins

5 large leaves of savoy cabbage
5 spring onions, white parts only
125g shiitake mushrooms
200g flat rice noodles
2 tbsp sesame oil
125g firm tofu, cut into small pieces (optional)
large handful of chopped coriander leaves (15g)
chopped peanuts, lime wedges and chilli, to serve

For the sauce:

3 tbsp agave nectar
2 tbsp tamarind paste
juice of 1 lime
3 tbsp soy sauce
2 tbsp sweet chilli sauce
2 cloves garlic, crushed
1 medium hot chilli, finely chopped

1 To make the sauce, mix together the agave nectar, tamarind paste, lime juice, soy sauce and sweet chilli sauce. Add the crushed garlic and chopped chilli.

2 Remove the hard centre stem of the cabbage leaves and slice thinly. Chop the spring onions and quarter the mushrooms.

3 Cook the rice noodles according to the packet instructions. They should be softened but not overcooked. Drain them thoroughly and set aside. (Not too long though, or they will stick together in a big lump!)

4 Heat the sesame oil in a large wok and add the tofu pieces, cabbage, mushrooms and spring onions. Fry for 5–7 minutes, until the mushrooms soften. Add the sauce and keep stirring for another minute.

5 Add the drained noodles to the wok. Combine well to make sure they are evenly coated in the sauce. Check the seasoning and add more soy sauce or sweet chilli sauce, to taste.

6 Mix in the coriander and serve straight away with chopped peanuts, lime wedges and some extra chilli.

■ PER SERVING 436 cals, fat 16.5g, sat fat 3g, carbs 59.5g, sugars 23g, protein 14g, salt 2g, fibre 4.5g



Chocolate beetroot traybake

Aquafaba – the liquid you drain from your tinned chickpeas – has been poured down the sink for years. But whisk it up and it gets a texture similar to whipped egg whites. There are whole Facebook groups dedicated to celebrating the joys of vegan meringue, macaroons and the airiest of chocolate mousse. Great fun for experimenting!

Serves 9 | Prep 20 mins | Cook 35 mins

150ml aquafaba (see above)
150g light brown sugar
2 medium cooked beetroots, roughly chopped
75ml vegetable oil
2 tbsp vinegar
1 tsp vanilla essence
50ml water
125g self-raising flour
100g self-raising wholemeal flour
40g cocoa
pinch of salt
1 level tsp bicarbonate of soda
25g dark chocolate chips
9 apricot halves

1 Start by combining the chickpea water and sugar in a food processor. Whisk for about 10–12 minutes, until soft peaks start to form, like egg white.

2 In the meantime, use a hand blender to purée the beetroot together with the oil, vinegar, vanilla essence and water until completely smooth. I like to do this step while the food processor is doing its magic.



3 Preheat the oven to 180C/fan 160C/gas 4 and line a deep 24cm square cake tin with baking parchment.


4 In a large mixing bowl, combine the dry ingredients and chocolate chips with the beetroot liquid. This will form a stiff mixture. Blend in half of the aquafaba mixture to make a cake batter, then gently fold in the remaining half to make the batter extra light.

5 Pour into the prepared baking tin and top with the apricot halves (I used tinned apricots, patted dry). Bake for 35 minutes or until a toothpick inserted into the centre comes out clean.

6 Allow the cake to cool on a wire rack, then slice into 9 large squares. Perfect for bonfire night!

■ PER SERVING 263 cals, fat 10g, sat fat 2g, carbs 40g, sugars 22g, protein 4g, salt 1g, fibre 3g

govegan

 Some dark chocolate does contain milk, so check the ingredients before buying.

ABOUT CHAVA

Chava Eichner is a freelance food writer and photographer who passionately creates for Viva!, Animal Aid and National Vegetarian Week, among many others. She lives in the Cotswolds with her partner David and two young boys, Sam (8) and Alex (6). Visit her website and blog to find more mouth-watering food inspiration at www.flavourphotos.com.

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GO WILD!



DISCOVER

Happy hedgehogs

From Sonic to Mrs Tiggywinkle, hedgehogs have found their way into popular culture and become one of our best-loved native animals. They are a priority species under the UK Biodiversity Action Plan, and there's plenty we can do to help these prickly little characters thrive in the wild.

On 21 November, the British Hedgehog Preservation Society is holding a Day of the Hedgehog along with the People's Trust for Endangered Species, which promises to be a mass gathering of hedgehog experts and fans!

But you don't have to be an expert or scientist to

support your local hedgehog community. At this time of year, hedgehogs are preparing to hibernate for the winter and piles of wood and leaves are very attractive to them when looking for a nest. Before you light your bonfire, ensure you turn it over carefully and check there are no sleeping hogs nestled underneath.

Check out www.sttiggywinkles.org.uk, which has an info-packed hedgehog fact sheet in their 'wildlife advice' section. You can also download a step-by-step guide to making a hedgehog house, which is a fun weekend activity for the family.

HOW TO HELP

DINING OUT Contrary to popular belief, hedgehogs do not like milk and are lactose-intolerant. Instead of a saucer of milk or bread, they'd rather have a dish of canned dog food and some water in a non-tip bowl, which you can put out at dusk.

KEEP IT NATURAL Go organic and avoid using slug pellets or other chemicals in the garden, which are toxic to hedgehogs as well as other animals. You can also leave a patch of your garden as wilderness, which will attract insects (aka hedgehog food).

TO THE RESCUE Hedgehogs are nocturnal, so if you see one out in the open during daylight hours it's probably unwell or injured. Pick it up gently using thick gardening gloves, place in a cardboard box lined with newspaper and cover with a small towel. Tiggywinkles wildlife hospital operates a 24-hour emergency line on 01844 292292 for advice about your hedgehog casualty, or take it to your nearest wildlife centre.

PHOTOGRAPH: STUART WEST

COOK



RAINY-DAY BAKING

This is great playdate entertainment. Each child mixes their own cake in a cup, and then watches it bubble up and nearly explode in the microwave. Not many desserts provide this level of excitement!

Five-minute cake-in-a-cup

Serves 2 | Prep/cook 5 mins

4 tbsp self-raising flour
4 tbsp sugar
2 tbsp cocoa powder
1 free-range egg
3 tbsp milk
3 tbsp oil
3 tbsp chocolate chips (or just smash up a bar of chocolate)
small splash of vanilla extract

1 Mix the dry ingredients together in a large bowl. Add the egg and mix

thoroughly. Pour in the milk and oil and mix well.

2 Add the chocolate chips and vanilla extract, and mix again. Divide the mixture between two teacups.

3 Put the teacups in the microwave one at a time and cook for 60 seconds at 1,000 watts (high) or until risen and cooked. Allow to cool a little and serve with natural yogurt or ice cream.

■ PER SERVING 747 cals, fat 32g, sat fat 10g, carbs 105g, sugars 58g, protein 14.5g, salt 1.1g, fibre 4.5g

Adapted from *The Crumbs Family Cookbook* by Claire & Lucy McDonald (CICO Books, £16.99). Photography by Stuart West.



Marvellous mallows

Pillowy soft and sweet marshmallows are a delicious treat, but many brands are not veggie-friendly as they contain gelatin. Look out for dairy- and gluten-free Freedom Mallows, which come in vanilla or strawberry flavours (£2.49 from www.hollandandbarret.co.uk). Or for a slightly posher mallow, Ananda's new handmade gelatin-free and Vegan Society-certified goodies are available in delicious flavours, including mocha, raspberry, coconut and organic Madagascan vanilla (£3.75 from www.anandafoods.co.uk).

Now you've got your marshmallows you're ready to adorn steaming mugs of hot chocolate, have fun toasting



BUY

them at a bonfire party, or why not make American smores? Simply toast marshmallows, then squish between two digestive biscuits (traditionally these would be Graham crackers, but digestives are the closest UK equivalent) sandwiched with either a layer of chocolate spread or a sliver of chocolate. If you don't have an open fire to hand, you can melt them gently in the oven too!

3 inspiring ideas for November

MAKE

MAKE TRADITIONAL TOFFEE APPLES

1 Wash 6 eating apples in hot water, remove the stalks and dry thoroughly. Push a wooden lolly stick or skewer firmly into the top of each apple. Line a tray with baking parchment and put it next to the stovetop. Put 225g caster sugar in a saucepan with 110ml water and heat gently until the sugar dissolves. Stir in 1 teaspoon vinegar, 30g butter and 4 tablespoons golden syrup. Use a sugar thermometer to boil to 140C or when the mix reaches the 'hard crack' stage. If you don't have a thermometer, drop a little into cold water; it should harden and be brittle immediately, if it's still soft then continue to boil. Dip and roll each apple into the toffee, working quickly. Add decorative cake sprinkles, stars or finely chopped nuts, if you want a bit of extra glamour. Leave to cool and harden before eating.



Warning: Adult supervision is a must for this activity as hot toffee can burn!

PLANT TULIPS FOR SPRING

2 Green-fingered kids who are still keen to get out into the garden can help you create cheerful spring container displays. In November, tulip bulbs are the ideal choice – your toughest decision is which colours to grow! All you need is a few containers, tulip bulbs and multipurpose compost. Plant the bulbs at three times their depth and one bulb-width apart. Task the kids with watering the pots regularly and avoid letting them dry out, especially during the active growing season. For best results, add tomato feed every week or so, as soon as shoots appear, until the foliage starts to die back.



CREATE A 'JOURNEY STICK'

3 The Wild Network has lots of great ideas for enjoying the outdoors all year round. Why not check out the events page at www.thewildnetwork.com and download a calendar that you can add your own ideas to? A winter walk in your local countryside or woodland is one of the best free, fun activities you can do as a family – and to add interest to your walk, we love the idea of making a 'journey stick' as you go. Find out how at www.growingfamily.co.uk/out-and-about/making-a-journey-stick-on-a-nature-walk.



BETWEEN THE LINES

We all know kids love colouring, but there's a huge growth in grown-up colouring books too. Designed to promote creativity, mindfulness and fun, these books are often designed by talented artists with intricate, beautiful images. For those who have slightly older children with an artistic flair, they provide a bit more challenge than the average kids' options too, and it's a great indoor activity to do together. We love illustrator and papercut artist Jessica Palmer's latest *Tangle Wood* book, with 80 enchanting woodland-themed designs, each with a hidden 'jewel' to find – perfect for wildlife-loving families.

● *Tangle Wood: A Captivating Colouring Book with Hidden Jewels* by Jessica Palmer, £8.99 from www.searchpress.com.



CREATE

Bird world

Did you know that early winter, from October to December, is a great time to visit one of the Wildfowl & Wetland Trust's centres? During these months the wetlands attract a wide range of wildlife – you can see graceful Bewick swans (pictured) or graylag geese on the water and everything from barn owls to skylarks, with the opportunity to spot rare and unusual birds too.

With nine centres across the country, there are lots of family-friendly activities going on at half term. Visit the website to discover what's happening at your local reserve at www.wwt.org.uk, and you can also find out which birds have been spotted recently at each centre.

Plus, check out TV presenter Kate Humble's 'Spoonievision' video on the website about the plight of the spoon-billed sandpipers or 'spoonies', and join the WWT's fight to save them from extinction.



GO

Kitchen confidence

For kids who love to cook, the founder of Little Dish, Hillary Graves, has come up with a collection of easy recipes suitable for little chefs to make themselves – with only a little assistance from mum or dad.



AUBERGINE BAKE

Aubergine bake *

This dish is usually popular with children who like lasagne. Little helpers can spoon on the tomato sauce and layer all the ingredients.

Serves a family of 4 or 6 children
Prep 25 mins | Cook 40 mins

2 tbsp olive oil
2 cloves garlic, finely chopped
2 x 400g cans chopped tomatoes
1 tbsp dried mixed herbs
2 large aubergines
250g vegetarian mozzarella cheese, sliced
50g vegetarian Parmesan-style cheese, grated
sea salt and freshly ground black pepper (optional)

1 Preheat the oven to 180C/fan 160C/ gas 4.

2 Heat half of the olive oil in a medium saucepan, add the garlic and gently cook for 2 minutes. Add the tomatoes and mixed herbs and simmer for 15 minutes or until the sauce thickens.

3 Meanwhile, slice the aubergines into 1cm-thick rounds. Brush both sides with the remaining oil and sauté in a non-stick frying pan over a low to medium heat, turning a few times until very soft (about 5 minutes each side). It's important to get the aubergine as tender as possible, so take extra time if needed.

4 Season the tomato sauce, to taste. Spread a few spoonfuls of sauce across the bottom of an ovenproof dish. Place about a third of the aubergines in a layer over the sauce. Cover with a layer of mozzarella (again, about a third) and sprinkle with Parmesan-style cheese. Repeat twice more, and end with a thin layer of sauce. Cover with the remaining Parmesan and bake for 30–40 minutes, until bubbling.

■ PER SERVING (FOR A FAMILY) 332 cals, fat 23g, sat fat 12g, carbs 11g, sugars 9.5g, protein 18.5g, salt 3.7g, fibre 5.5g

PHOTOGRAPHY: HAARALA HAMILTON PHOTOGRAPHY

Peanut butter squares

Children can help press the biscuit base down in the cake tin, and bash the biscuits with a rolling pin if you don't use a food processor.

Makes 16 squares

Prep 15 mins + overnight chilling

Cook 5 mins

200g dark chocolate, broken into pieces

150g butter

250g digestive biscuits (or substitute ginger biscuits)

100g dark brown sugar

300g crunchy peanut butter

1 tsp vanilla extract

1 Line a 20cm square cake tin with a square of parchment paper large enough to come up higher than the sides of the tin.

2 Place the chocolate in a heatproof bowl over a pan of simmering water, stir occasionally and once melted set aside. Melt the butter in a medium pan over a very low heat, remove from the heat and set aside.

3 Blitz the biscuits into fine crumbs either in a food processor, or place them in a plastic bag and bash them with a rolling pin. Stir the biscuits into the butter with the brown sugar, peanut butter and vanilla extract. Mix until everything is well combined.

4 Pour the mixture into the lined cake tin and then smooth out with the back of a spoon. Pour the chocolate on top of the mixture and spread to cover evenly. Chill in the fridge overnight.

5 Remove from the tin, using the paper to help pull it out. Cut into 16 squares and keep in the fridge for 2-3 days.

■ PER SQUARE 354 cals, fat 24.5g, sat fat 10.5g, carbs 28g, sugars 17.5g, protein 6g, salt 0.6g, fibre 2g



Recipes adapted from *Little Dish: The Family Cookbook* by Hillary Graves (Little Brown, £14.99). Photography by Haalara Hamilton Photography.



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PHOTOGRAPH: RIA OSBORNE

BUCKWHEAT
RISOTTO WITH
TAMARIND
SWEET POTATO
.....
PAGE 90

HEALTHY LIVING

If you've never used coconut oil in your cooking before, why not try our gluten-free recipes that are light, vibrant and delicious.

Cooking with COCONUT OIL

Unprocessed and cholesterol-free, coconut oil is becoming a popular ingredient for those looking for an alternative cooking oil. Here Lucy Bee's gluten-free recipes reveal how delicious and versatile it can be, from roasting and frying to baking.

PHOTOGRAPHY: RIA OSBORNE



BABY KALE WITH HERITAGE
BEETROOT, FIGS AND RICOTTA

BUYING & USING COCONUT OIL

Coconut oil is extracted from coconut flesh (aka the kernel) and it's a good idea to choose unrefined virgin or extra-virgin coconut oil that has been made from fresh, mature coconuts – cheaper, refined coconut oil is heavily processed. Ideally look for an organic, Fairtrade brand too.

Different varieties of coconut oil will vary in flavour – some will have a stronger taste and aroma of coconut than others. But all of them usually lose their taste and smell when heated – so you can use it for all kinds of cooking, from frying eggs to a butter substitute in baking. In the UK climate, coconut oil is usually sold in solid form and will need to be melted for recipes that require liquid oil. It is very versatile and can be used in place of your usual vegetable oil or butter in almost every kind of recipe.

Baby kale with heritage beetroot, figs and ricotta

Kale is a nutritious superfood, which makes the perfect base for any salad. Combine with juicy figs and different coloured heritage beetroot, and this salad is almost too pretty to eat.

**Serves 4 | Prep 10 mins + cooling
Cook 45 mins**

4 heritage beetroot, a mixture of colours
2 tbsp Lucy Bee coconut oil, melted
4 ripe figs, cut into quarters
120g baby kale (or watercress)
200g ricotta
Himalayan salt and ground black pepper

For the dressing:

2 tbsp avocado oil
1 tbsp pomegranate molasses
1 tbsp cider vinegar

1 Preheat the oven to 180C/fan 160C/gas 4.

2 Wash the beetroot to remove any dirt. Coat the beetroot in the melted coconut oil and arrange on a roasting

tray. Roast in the oven for 45 minutes, until the beetroot feel tender when pierced with a skewer. Set aside to cool.

3 Once cool, slice the beetroot into thin rounds. Place the beetroot, figs and kale in a large serving bowl. Lightly dress the salad and taste for seasoning. Add small spoonfuls of ricotta before serving.

■ PER SERVING 351 cals, fat 19.5, sat fat 9.5g, carbs 35g, sugars 35g, protein 8g, salt 1.2g, fibre 6g

Cauliflower pizza

Sometimes, all you want to do is kick back on the sofa and cosy up in front of the TV with your favourite comfort food. However, this pizza will change your life. I mean, what's not to love about turning something bad on its head and making it completely healthy and gluten-free? These are my favourite toppings, but feel free to play around with your own combinations.

Serves 4 | Prep 30 mins | Cook 30 mins

For the base:

1 medium cauliflower, roughly chopped
2 free-range eggs, lightly beaten
20g buckwheat flour
2 tsp mixed dried herbs
pinch of dukkah spiced seed mix (see recipe, below) or dried chilli flakes
1 tbsp Lucy Bee coconut oil, melted
Himalayan salt and ground black pepper

For the tomato sauce:

1 tbsp Lucy Bee coconut oil
3 large cloves garlic, crushed
400g can chopped tomatoes
juice of ½ lemon
1 tsp mixed dried herbs or 3 fresh thyme sprigs (optional)

Topping suggestions:

buffalo mozzarella and fresh basil
goat's cheese and watercress
Kalamata olives and crumbled feta

1 Preheat the oven to 180C/fan 160C/gas 4. Line a flat baking tray (a non-stick pizza baking tray is ideal) with baking parchment.
2 Blitz the cauliflower in a food processor until it resembles rice grains. Transfer to a bowl and stir in the beaten eggs, buckwheat flour, herbs, spiced seed mix or chilli flakes, and some seasoning. Knead the mixture to a dough-like consistency.
3 Roll out the dough evenly and thinly on the lined tray, making either one or two bases. A good technique is to spread out the dough, place cling film over the top and, using a rolling pin, roll out. Using a pastry brush,



CAULIFLOWER PIZZA

brush the melted coconut oil over each base. Bake in the oven for 25–30 minutes, until crispy.

4 Meanwhile, to make the tomato sauce, melt the coconut oil in a saucepan, add the garlic and sauté until golden, then add the chopped tomatoes, lemon juice and herbs. Simmer for 20 minutes uncovered until the sauce almost resembles a paste, taking care as the sauce may stick to the pan.

5 Spread the tomato sauce over the cooked bases and add your choice of toppings. If the toppings need cooking, cook in the oven for a further 15 minutes.

■ PER SERVING 253 cals, fat 16, sat fat 10g, carbs 12g, sugars 6g, protein 14g, salt 2.2g, fibre 4.5g

Dukkah spiced seed mix v

The word *dukkah* means 'to crush' or 'to pound' in Egyptian, so is an apt name for this mix of toasted nuts and spices.

25g hazelnuts
1 tsp cumin seeds
1 tsp coriander seeds
2 tbsp sesame seeds
½ tsp Himalayan salt

Toast the hazelnuts and cumin and coriander seeds in a dry pan for 3 minutes. Place all the ingredients in a pestle and mortar and grind until crushed, but not too fine.



BUCKWHEAT RISOTTO
WITH TAMARIND
SWEET POTATO

Buckwheat risotto with tamarind sweet potato

I love this alternative twist on a classic risotto. Both wheat-free and dairy-free, this is the perfect vegetarian comfort food.

Serves 4 | Prep 10 mins | Cook 55 mins

3 tbsp Lucy Bee coconut oil, melted
1 medium onion, finely diced
240g buckwheat
400ml hot vegetable stock
2 large sweet potatoes, chopped into bite-sized pieces
1 tsp tamarind paste
small thumb-sized piece of fresh ginger, peeled and grated
1 clove garlic, crushed
2 tbsp cashew nuts, finely chopped
Himalayan salt

1 Heat 1 tablespoon of the melted coconut oil in a heavy-based saucepan and gently sauté the onion until soft, about 8 minutes. Add the buckwheat and stir through, coating the grains with the oil.

2 Add about 200ml of the hot stock, bring to the boil, then gently simmer until the buckwheat is tender, adding more stock as needed.

3 Meanwhile, in a large mixing bowl, mix the sweet potatoes with the remaining coconut oil, the tamarind paste, ginger, garlic and a good pinch of salt. Spread out in a roasting tray and bake in the oven for 50–55 minutes, until crispy.

4 Divide the risotto between shallow bowls and top with the sweet potato and chopped cashew nuts, for a little crunch.

■ PER SERVING 454 cals, fat 14.5, sat fat 8.5g, carbs 72.5g, sugars 8.5g, protein 10g, salt 2g, fibre 6g

VARIATION

GINGER, CHILLI & CAVOLO NERO

Cook the buckwheat as directed above then heat 1 tablespoon of coconut oil in a large frying pan, add thin slices of peeled fresh ginger, from a thumb-sized piece, 1 crushed garlic clove and 1 deseeded and thinly sliced red chilli, with 1 tsp garam masala added after a few seconds. Cook for 30 seconds, then add 200g shredded cavolo nero leaves, a generous pinch of salt and a little water if necessary, to wilt, then cook for 4–5 minutes,



stirring continuously. Add 20ml white wine or a splash of sherry vinegar to deglaze, then remove from the heat, cover and set aside for a couple of minutes. Stir through the buckwheat and serve.

Raw brownies

These brownies are easy to make, yet taste incredible. Rich and full of flavour, they're a firm favourite at home – perfect for those days where nothing but chocolate will do! As well as being extremely high in antioxidants, cacao is also known to be a mood-booster.

Serves 6 | Prep 10 mins + chilling

60g pecans
60g hazelnuts
140g Medjool dates, pitted and chopped
5 tbsp raw cacao powder

2 tbsp Lucy Bee coconut oil, melted
3 tbsp desiccated coconut
3 tbsp runny honey or maple syrup
1 tsp vanilla extract
pinch of salt

1 Line a 27 x 20cm brownie tin with baking parchment. Instead of a brownie tin, you could use a loaf tin and make thicker brownie chunks.

2 Blitz the nuts together in a food processor until they form small crumbs. Add the dates and process again until the mixture starts to stick together.

3 Add the remaining ingredients and process on a high speed until it turns a lovely, gooey chocolate brown. Press into the lined tin and chill in the fridge to firm up, at least 2 hours. Turn out when chilled and slice into squares.

■ PER SERVING 343 cals, fat 24.5, sat fat 10g, carbs 24g, sugars 22.5g, protein 6g, salt 0.6g, fibre 5.5g

govegan

V To keep this recipe vegan, use the maple syrup instead of honey.

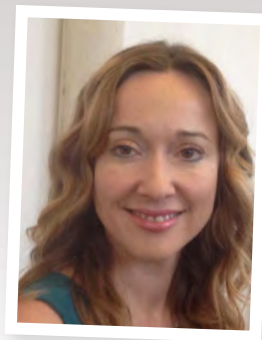


Recipes adapted from *Coconut Oil: Nature's Perfect Ingredient* by Lucy Bee (Quadrille, £15). Photography by Ria Osborne.

There's nothing like a soothing soak in the tub when the weather turns chilly. Lock the bathroom door, light a candle and add a touch of fun or luxury with some pampering products.

Beauty notes

BY SARA NIVEN, BEAUTY EDITOR



George Jones, founder of natural skincare company Bathing Beauty, describes her bathtime routine:

'As a mum of three, a practising osteopath and with my own skincare company to run, life can be hectic, but a relaxing bath is one of my essential luxuries! However, like most mums, I never stop multitasking and that even extends to the bathroom. I usually apply one of my natural body scrubs and then get into a warm bath where the sugar dissolves and the cold-pressed seed oils nourish my skin. During that time, I also try to do 100 breaths meditation – providing nobody knocks and disturbs me!'

www.bathing-beauty.co.uk

1 Feel your stress melt away as this vegan-friendly bath bomb from Lush fizzes in the water. It's scented with lavender and ylang-ylang to help ensure a good night's sleep too.

Lush Twilight Bath Bomb, £3.35 from www.lush.co.uk



OUR PICK
BEST BATH PRODUCTS



4 Fresh from Heathcote & Ivory's new Rainforest collection, these fragrant soap flowers mean you can enjoy a romantic bath without having to wash the petals out afterwards!

Bathing Flowers, £10 from www.heathcote-ivory.com

2 Presented in a pretty egg box, these gorgeous bath melts are handmade in England and look almost too beautiful to use! Free from synthetics, and suitable for vegans, they are fragranced with aromatherapy oils and contain cocoa butter to soften the skin.

Luxury Bath Melts Collection from Wild Olive, £12.95 from www.prezzybox.com



3 Perfect for family fun in the tub, this eczema-friendly bubble bath formulation is gently fragranced with organic tangerine and is paraben- and SLS-free.

Child's Farm Get Soaked Bubble Bath, £3.99, available in selected Boots, Superdrug or from www.childsfarm.com



5 We're already fans of Neom's bath products, which now include two new foam baths. This one contains no less than 24 essential oils including lavender, jasmine and Brazilian rosewood and is SLS-free.

Neom Real Luxury Bath Foam, £22 from www.neomorganics.com



6 Get fresh with a lime and bergamot bath oil from Rhodes to Heaven. You only need a capful of this scented treat which includes evening primrose, rosehip, grapeseed and vitamin E, and also comes in an alternative rose and geranium variety.

Lime & Bergamot Botanical Bath Oil, £25 from <http://rhodestoheaven.com>

3 OF THE BEST BODY WASHES

If you've no time for a bath, even a quick shower can be a little more special with a luxurious body wash.



**Weleda Arnica
Sports Shower Gel**
(£7.95/200ml)

Made with organic arnica to soothe tired muscles and fragranced with lavender and rosemary to relax and revitalise, use it post-workout or after a day in the garden.

www.weleda.com



**Heathcote & Ivory
Rainforest Cleansing
Cream** (£9/200ml)

This creamy wash adds a luxury touch to a shower and contains vitamin E and A, with a lovely scent. We like the exotic packaging too.

www.heathcote-ivory.com



**Faith in Nature
Mint Shower Gel &
Foam Bath** (£5.60/400ml)

A great value, two-in-one product made with tingly fresh organic peppermint and spearmint for mornings when you need help waking up. A matching shampoo and conditioner are also available.

www.faithinnature.co.uk



Essentially yours

Combining the benefits of aromatherapy with a relaxing bath is a great way of unwinding. Susan Curtis, director of natural health at Neal's Yard Remedies, explains the basics.



Before adding essential oils to your bath, they must be pre-diluted in a vegetable oil, like almond oil, or a bath oil base, so that the drops of neat essential oil do not come into direct contact with the skin.

Try adding 4-6 drops of essential oils (2 drops of lavender, 2 of marjoram and 2 of bergamot, for example) to 10ml of the base oil, then tip the blend into the bath once it has been run and swirl around before stepping in. The warmth of the water encourages relaxation and also enables the essential oils to penetrate the skin.

Tailor the blend to suit your needs: rose and geranium are good to balance hormones, for example, if you suffer with PMS; lavender and marjoram will help you sleep; and jasmine and ylang-ylang will get you in the mood for romance!

ASK THE BEAUTY EDITOR

I have a young baby suffering from dry and sensitive skin that's prone to eczema. I'd like to give him a bath at the same time as his two-year-old sister who loves bubble baths, but I'm worried it might irritate his skin. What do you advise?

You're wise to be cautious. Many new mums are given hampers of baby care goodies, including bubble baths, as gifts and it's tempting to think you need to use lots of products, but that's often not the case.

According to midwife Sharon Trotter, Weleda's baby skincare consultant, less can be more, as she explains: 'Recent research suggests it's safer to bath your baby in plain water for at least the first month of life (longer in premature infants). During this time, your baby's skin matures and develops its own natural protective barrier. If your newborn has skin problems,



for example, milk spots or dry patches, you may need to be patient: these can take up to 12 weeks to clear. Bubble baths and shampoos containing harsh detergents, such as sulphates, should be avoided for the first year as they can be drying. Opt for natural or organic products formulated for sensitive skin without irritating preservatives or artificial fragrances.'

For details of award-winning independently tested baby skincare brands, visit www.tipslimited.co.uk.



WIN! AN AROMATHERAPY SET FROM NEAL'S YARD REMEDIES

The brand new Aromatherapy Bath & Massage Oil Organic Collection from Neal's Yard Remedies launched last month. It is a set of six 9ml products including three different bath and shower oils with matching massage oils, including Geranium & Orange, Rose & Pomegranate, and Soothing. We have two £25 sets to give away to two lucky readers.

To enter, go to www.vegetarianliving.co.uk/offers. Competition ends midday 5 November 2015.

Disclaimer: *Vegetarian Living* only features products that are entirely vegetarian and/or vegan in formulation. The magazine also requests an assurance that the product and ingredients within it are not tested on animals and the company does not carry out or fund animal testing either in the UK or overseas. However, formulations can change and policies can vary, so we would advise checking directly with the companies if you have any concerns.

vegetarian LIVING

Vegetarian Living, PO Box 6337
Bournemouth BH1 9EH

Subscription enquiries
t. +44 (0)1202 586848 • chris@selectps.com

Editorial

Editor

Lindsey Harrad
lindsey@vegmag.co.uk

Managing Editor

Sarah Moran
sarah@vegmag.co.uk

Nutrition Editor

Sue Baic

Food Editor

Liz Martin

Gardening Editor

Alice Whitehead

Vegan Editor

Alice Gunn

Beauty Editor

Sara Niven

Production Editor

Suzanne Juby

Contributors

Sarah Beattie
Alex Bourke
Rachel Demuth
Chava Eichner
Wendy Johnson

Design

Nick Trent
enty209@gmail.com

Cover images

Mexican leek and bean quesadillas by Michael Dannenberg
Sunday Lunch by Yuki Sugiura
Best Brownies by Ria Osborne
Global Tastes by David Loftus

Additional images courtesy of Shutterstock

Publishing

Publisher

Tim Harris

Advertising Sales Manager

Wendy Kearns
wendy@vegmag.co.uk
t. +44 (0)1392 466099

Online Marketing Executive

Adrian Lito
adrian@selectps.com

Circulation Manager

Tim Harris

Published by

Select Publisher Services
PO Box 6337
Bournemouth BH1 9EH
t. +44 (0)1202 586848

Production Manager

John Beare

IT Manager

Vince Jones

Subscriptions Manager

Chris Wigg
chris@selectps.com
(See page 64 for subscription details)

Printed by

Precision Colour Printing
Haldane, Halesfield 1
Telford, Shropshire TF7 4QQ
t. +44 (0)1952 585585

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www.vegetarianliving.co.uk



PHOTOGRAPH: MICHAEL DANNENBERG

The Christmas issue

ON SALE 5 NOVEMBER

USEFUL CONVERSIONS

Use these handy conversion guides to help you out in the kitchen. For readers in Australia or the USA who prefer to use cup measurements, try an online converter, like the user-friendly calculator at www.theonlineconverter.co.uk.

WEIGHT

10g	1/4oz	700g	1lb 9oz
25g	1oz	800g	1lb 12oz
50g	1 1/4oz	900g	2lb
75g	2 3/4oz	1kg	2lb 4oz
100g	3oz		
125g	4 1/2oz		
150g	5 1/2oz		
175g	6oz		
200g	7oz		
225g	8oz		
250g	9oz		
275g	9 3/4oz		
300g	10 1/2oz		
325g	11 1/2oz		
350g	12oz		
375g	13oz		
400g	14oz		
425g	15oz		
450g	1lb		
500g	1lb 2oz		
600g	1lb 5oz		



OVEN TEMPERATURES

Celsius	Fahrenheit	Gas mark
110	225	1/4
130	250	1/2
140	275	1
150	300	2
170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	455	8

VOLUME

30ml	1fl oz
50ml	2fl oz
100ml	3 1/2fl oz
125ml	4fl oz
150ml	5fl oz (1/4 pint)
175ml	6fl oz
200ml	7fl oz
300ml	10fl oz (1/2 pint)
400ml	14fl oz
500ml	18fl oz
600ml	1 pint
700ml	1 1/4 pints
850ml	1 1/2 pints
1 litre	1 3/4 pints
1.2 litres	2 pints

SOURCE: Guild of Food Writers

JUST THE JUICE



The Tribest Slowstar Vertical Juicer crushes fruits and vegetables at an incredibly gentle 47rpm, greatly reducing oxidation for superior juice quality. The double-edged auger does twice the work compared to a single auger, making this slow juicer extra fast, plus the additional mincing attachment turns the Slowstar into a multipurpose tool to create an array of recipes.

● £399.99 from www.tribest.co.uk.



CHOCOLATY GOODNESS

One or two spoonfuls of this raw cacao powder from The Raw Chocolate Co can quickly transform many recipes into healthy vegan chocolate treats. The raw cacao beans are extracted in a cold-pressing process creating a silky smooth delicious cacao powder which is 100% organic and caffeine-free – perfect for smoothies, cakes and desserts.

● £4.99 from www.ethicalsuperstore.com.

Enter code X2VEGO at the checkout and get £2 off your order (offer expires 31 December 2015).

ARE YOU GETTING ENOUGH?

Do you suffer from headaches, tiredness or stress? Take a free Vitamin and Mineral Deficiency Test courtesy of G & G Vitamins to assess your lifestyle and find out what vitamins and minerals could be lacking in your diet. Your FREE, no obligation test will be evaluated by a qualified practitioner for dietary and – should you need it – supplementary advice.

● Available at www.gandgvitamins.com or call 01342 312811.



THE ESSENTIAL COLLECTION

A shopping guide to the latest products for your vegetarian or vegan lifestyle...

PURE BEAUTY

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● £13.50 from www.handmadenaturals.co.uk or call 01270 877516.



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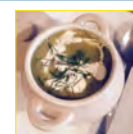
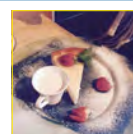
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For further information please contact

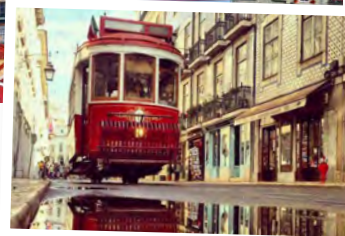
Gillian on 07730590371 or email gg.cdavies@talktalk.net.

Alex Bourke and Portuguese vegan Carla Nunes of Vegetarian Guides go winter feasting in this historic city.

LISBON

Once the capital of a global empire, Lisbon is an exciting culinary and educational family adventure. Explore cobblestoned, tree-lined streets, museums and ruins, marvel at hilltop views from *miradouros* (golden viewpoints) like the Castelo de São Jorge, window shop in elegant Chiado, and relax or dance to all kinds of music including traditional *fado*. Accommodation starts at £10 per person on Airbnb for a room or apartment, and veggie eating out ranges from bargain buffets to top-end elegant.

The Food Temple in Mouraria, or Moorish Town, is a favourite for a leisurely evening gourmet dinner. The rolling vegan menu changes almost daily, with a soup, three tapas such as savoury mushroom pie, aubergine and seitan, and fried rice and tofu, a main such as Portuguese tomato stew with vegan chorizo, peas and red



wine, and at least two desserts, like berry tart or Portuguese black rice. Two people can share one of everything for around €30. It's nearly always full, so booking is essential.

We love **Jardim das Cerejas** ('Cherry Garden') and **Paladar Zen** vegetarian buffet restaurants (lunch under €8, dinner €10). The first is Portuguese and international, serving *feijoada* stew, seitan and tofu dishes, vegan lasagne, or spaghetti and 'meatballs', with desserts such as orange or chocolate cake. Paladar Zen features a dozen salads and traditional-style dishes like cream of carrot and mint soup, organic tofu steak with mushrooms, roasted aubergine

and tomato with organic seitan, or tomato rice *malandrinho*. Dessert specialities are apple crumble and lemon meringue.

Jardim dos Sentidos, or 'Garden of the Senses', is a vegetarian oasis, a natural therapies centre where two of you can enjoy a massage and then dine in the garden, on the terrace or indoors under stone and brick arches (around €115 all in). Main dishes (€8-€9) feature satay tofu steak, ratatouille, tacos, seitan stroganoff with nuts and coconut milk, or grilled seitan and tofu *espetadinhos* (skewers). Finish with sugar-free cinnamon apple pie or chocolate fondue.

Also recommended...

- **Princesa do Castelo**, by the castle and five minutes walk from the Food Temple, is the other vegan restaurant in the city, with international, macrobiotic and sattvic dishes such as okra tofu curry.
- **Miss Saigon** vegetarian restaurant, by the Tagus river, serves up three mains daily from a mind-blowing repertoire of 700 dishes from 70 countries. Monday and Saturday it's 100% vegan.
- **Terra** is the original upmarket vegetarian restaurant with Portuguese stews or hotpots such as *caldeirada*, seitan



cozido à alentejana, sweet potato *feijoada*, plus curry, burritos, kebabs or tabouleh.

● Colourful **Os Tibetanos** offers Tibetan pastries stuffed with seitan and veg, mango and tofu curry, seitan steak, and chocolate dolma tart.

● **Amor Bio** is the best value health food shop, or try **Brio** for fake meats and the **Celeiro Dieta** chain.



NEED TO KNOW

The Food Temple

Facebook: FoodTemple

Jardim das Cerejas

www.jardimdasocerejas.com

Facebook: Jardim das Cerejas

Paladar Zen

www.paladarzen.pt

Facebook: Paladar Zen

Jardim dos Sentidos

www.jardimdosentidos.com

Facebook: Jardim dos Sentidos

Princesa do Castelo

www.princesadocastelo.wix.com/vegetarian-vegan

Miss Saigon

www.miss-saigon.pt

Facebook: Restaurante Miss Saigon

Terra

www.restauranteterra.pt

Facebook: Restaurante Terra

Os Tibetanos

www.tibetanos.com/en

Health food stores

www.amorbio.pt

www.brio.pt/#contact

www.celeiro.pt/lojas



ESSENTIAL GUIDE

Readers can buy the *Vegan Passport* (RRP £4.99) from Vegetarian Guides for the special price of £3.99, including p&p. The passport-sized book has a page for each of 74 languages, explaining what vegans do and don't eat. Visit www.vegetarianguides.co.uk/veglivingnov. Offer ends 3 November 2015.



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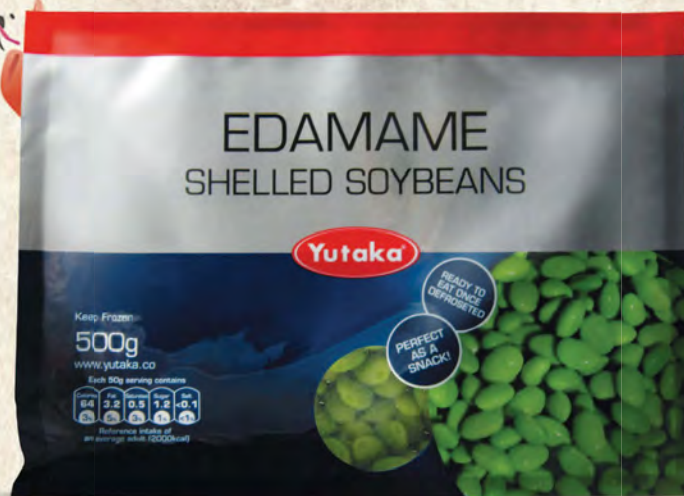
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